



9/1/2023

Please review CDC recommendations for the most up-to-date information.

If you are sick:

Isolation and Precautions for People with COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

If you were exposed:

What to Do If You Were Exposed to COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>