

COVID-19 Prevention Strategies for K-12 and Child Care Settings

August 2022



If You Have Been Exposed to Someone with COVID-19

***Wear a mask** for 10 full days as soon as you find out that you were exposed

**Wear your mask any time you are around others inside your home or indoors in public, including at school.

*Take extra precautions if you will be around people who are more likely to get very sick from COVID-19

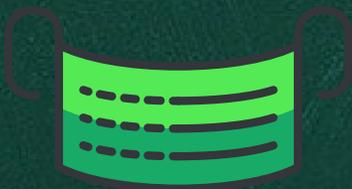
***Watch for symptoms of COVID-19**, including: fever (100.4F or greater), cough, shortness of breath

**If you develop symptoms, isolate immediately, get tested, and stay home until you know your test result

***Get tested** at least 5 full days after your exposure.

**If you test negative, continue taking your masking precautions through day 10

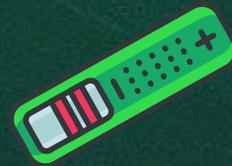
**If you test positive, isolate immediately.



Wear a Mask



Watch for Symptoms



Get Tested

Additional Resources

- CDC: [What to Do if You Are Exposed](#)
- CDC: [What to Do if You Test Positive](#)
- MTDPHHS: [COVID-19 Map and Community Levels](#)
- MTDPHHS: [School Vaccination Resources](#)



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If You Test Positive for COVID-19

- *[Begin isolation](#) immediately and [notify your school](#) that you tested positive
- *Identify any close contacts you might have exposed and notify the school if they're students or staff so they can follow exposure recommendations
- *[Report](#) your positive test result to the health department by using the link or the QR code located below
- *[Stay home](#) for at least 5 days and isolate from others in your home.
- *Wear a high-quality mask for 10 full days if you must be around others at home or in public.

	If You Have Symptoms	If You Had NO Symptoms
Start of Isolation (Day 0)	Day of symptom onset	Day you tested positive (Note: if you develop symptoms within 10 days, isolation restarts to day 0 on the day of symptom onset)
End of Isolation	After day 5 of isolation if you are fever free for 24 hours and symptoms are improving	After day 5 of isolation
End of Mask Usage	10 days after isolation began, or before day 10 with two sequential negative tests taken 48 hours apart.	10 days after isolation began, or before day 10 with two sequential negative tests taken 48 hours apart.

Report Your Positive COVID-19 Test Result Here

tinyurl.com/hometestmt

-or-

Scan the Following QR Code

