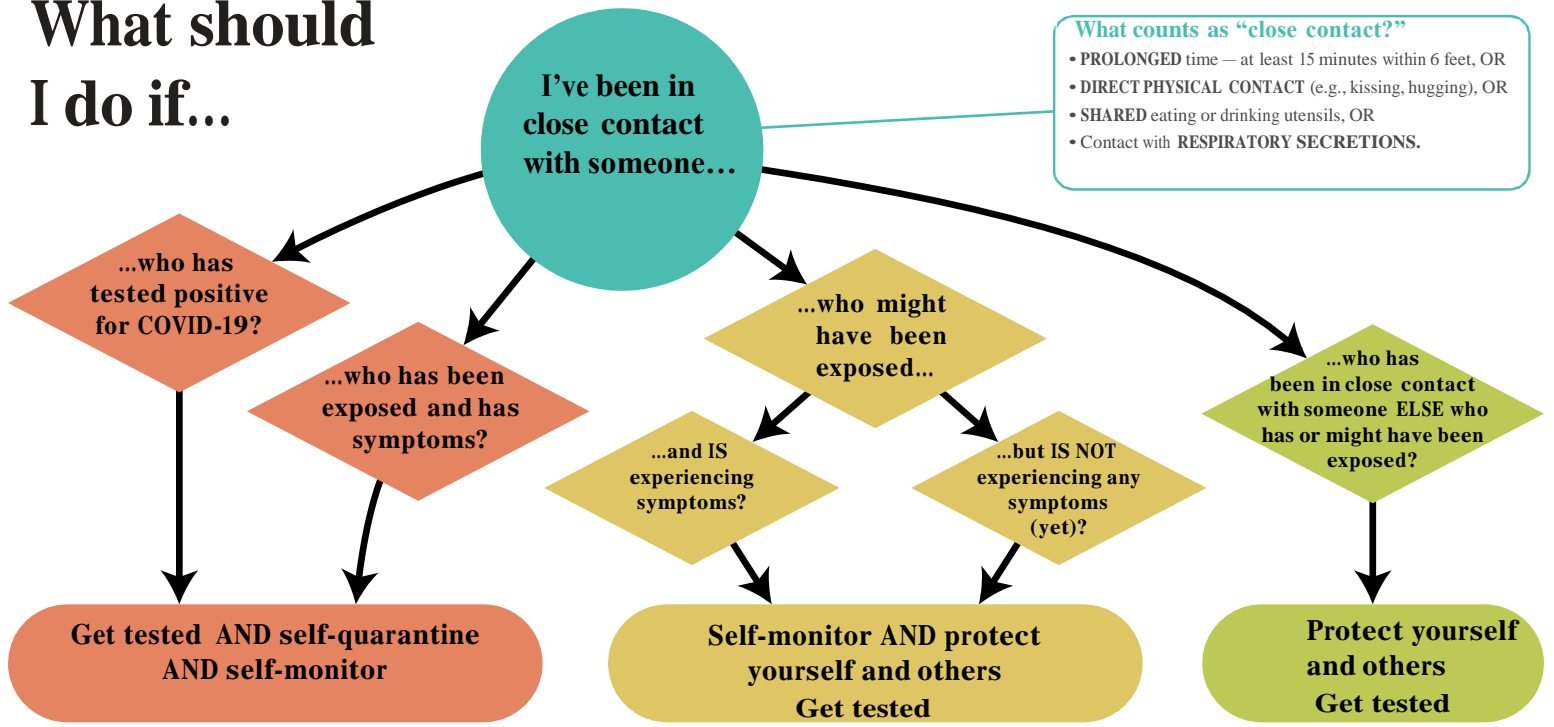


# What should I do if...



## How do I...

### ...get tested?

- **TIME IT RIGHT.** Get tested 5–7 days after possible exposure or as soon as you have symptoms.
- **GET THE RIGHT TEST.** A PCR test (not a rapid antigen test) will be the most accurate.
- **UNDERSTAND YOUR RESULTS.** The test is just a snapshot in time. A negative result during the virus’s possible incubation period isn’t definitive evidence that you are not infected.

### ...self-monitor?

- **BE ALERT** for symptoms, especially changes in your sense of smell or taste, cough, fever, or shortness of breath.
- **TAKE YOUR TEMPERATURE** every morning and night, and write it down.
- **GET TESTED** if you have any symptoms of COVID-19.
- **DON’T** seek medical treatment without calling first!

### ...self-quarantine?

- **STAY HOME** for 14 days.
- **AVOID CONTACT** with other people.
- **DON’T SHARE** household items.

### ...protect myself and others?

- **STAY HOME** as much as possible.
- **PHYSICALLY DISTANCE** yourself from other people — try to stay at least 6 feet away.
- **WEAR A MASK** in public or when you can’t maintain physical distance between yourself and others.
- **AVOID CROWDS** of people.
- **AVOID CLOSED SPACES.** Outdoor activities are safest, but if you’re going to be inside, aim for a relatively large, well-ventilated space. And don’t stay long!
- **DON’T TOUCH** your face.
- **WASH YOUR HANDS** frequently.
- **DISINFECT** frequently touched surfaces regularly.

Above chart & information adapted from [https://medical.mit.edu/sites/default/files/COVID-19\\_flow\\_chart\\_2.pdf](https://medical.mit.edu/sites/default/files/COVID-19_flow_chart_2.pdf)

## What if I have symptoms?

If you are experiencing symptoms of COVID-19, **notify your manager and stay home.** Contact your medical professional for guidance. Schedule yourself for a COVID-19 test. SMRLD Executive Director will contact you with further instructions.

*Any of the above scenarios require SMRLD staff to take sick (or other) leave for a period of not less than 10 days after potential exposure.*

*SMRLD staff must produce a negative test result before returning to work.*