

# COVID-19: KNOW BEFORE YOU GO

COVID-19 continues to spread in Indiana and across the country, so we all must take the steps we know help prevent the spread of this new and dangerous virus. The best way to prevent infection is to avoid being exposed to the virus. The more you and your family do to stop the spread of COVID-19, the safer you will be.

## Things to know

- o 18- to 35-year-olds make up the largest and fastest-growing group of people to be infected with COVID-19.
- o Many of those who test positive have no symptoms or minor symptoms, but some could develop serious illness.
- o Even though most younger people will recover without issue, your biggest danger is spreading the virus to people who are at higher risk, such as those age 65 and older and people with other medical conditions.

## What does my negative test mean?

- o Tests are a snapshot in time and are not perfect.
- o People who are exposed may not develop symptoms for several days.
- o Even if you test negative today, you could test positive tomorrow.

## What does my positive result on a rapid antigen test mean?

- o If you test presumptive positive, follow up with a follow-up PCR test, which involves a nasal swab. A list of test sites is available here:

<https://www.coronavirus.in.gov/2524.htm>



- o You should isolate away from others until 10 days after the date your test was taken if you don't have any symptoms OR 10 days after your symptoms began.
- o More information about your antigen test results are available here:

[https://www.coronavirus.in.gov/files/20\\_COVID-19\\_Testing-Guidance%2010.28.20.pdf](https://www.coronavirus.in.gov/files/20_COVID-19_Testing-Guidance%2010.28.20.pdf)

## What should I do?

- o Regardless of your test result, **behave as if you are positive for COVID-19 or have been exposed.**
- o Avoid close contact with others before returning home.
- o Once you return home, stay away from people who are at higher risk for a minimum of 7 days, and 14 days if possible.
- o Wear a mask in your home when you are around others.
- o Avoid high-risk situations, such as bars and home parties.
- o If you test positive, follow the isolation guidelines at <https://bit.ly/35C31zw> and notify anyone you were within 6 feet of for 15 minutes or more during the 48 hours prior to your test result or prior to when symptoms began.

## How can I help?

- o If you have recovered from COVID-19 or tested negative, consider working or volunteering at a nursing home, for a hospital, providing childcare for a family doing virtual learning, or joining the workforce when a vaccine becomes available.
- o Consider signing up here: <https://redcap.uits.iu.edu/surveys/?s=JAN77JY7NP> to be connected to opportunities in your community.
- o You also can consider serving as a substitute teacher for a local school. Contact your school district for their requirements.

