**Guidance After Covid-19**

**You have successfully completed your isolation for Covid-19 and are no longer infectious. Now what?**

**Mask Guidance for Isolation**

You must continue to wear a well-fitting mask for 10 days from the start of your isolation. A well-fitting mask should fit securely over your nose and mouth. Consider a surgical mask alone or doubled up, or a KN95/N95.

A mask must be worn at all times during these 10 days, this includes any contact you have with people in your home, socially, and academically.

Avoid travel and being around people who are at high risk during these 10 days, (e.g., immunocompromised, elderly, or unvaccinated).

Do NOT go to any place where you are unable to wear a mask.

**Testing**

DO NOT test for Covid-19 with a PCR or LAMP test for 90 days, as you may continue to test positive. If you feel ill, contact us at Bergeron. We can recommend testing and schedule an evaluation.

**Boosters**

If you have not yet gotten your booster, please do so when you feel well, but do NOT wait longer than 60 days to do so.