

## You've had a COVID-19 Exposure

If you had close contact with a person who has COVID-19 while they were contagious, you must take steps to protect yourself and the Insight community.

**What is a close contact?** Virginia Department of Health states you've been in proximity of within 6 feet for a total of 15 minutes or more within 24 hours.

### You are showing **NO** symptoms.

*(and you are vaccinated)*

#### Take a rapid test.

##### If you test negative:

You can return to Insight immediately.

*Continue risk mitigating protocols, such as wearing a well-fitting mask, frequent hand washing, monitoring your health for symptoms, and avoiding public situations where you are unable to mask.*

##### If you test positive:

**Quarantine for 5 days.** Day 0 is your test date.

Get tested again (rapid or PCR) on Day 5. You must receive a negative test result to return to Insight.

### You **DO** have symptoms.

*(and you are vaccinated)*

**Quarantine for 5 days.** Day 0 is the date of last close contact. Get tested (rapid or PCR) on Day 5.

##### If you test negative:

You can return to Insight after Day 5 if you no longer have symptoms.

*Continue risk mitigating protocols, such as wearing a well-fitting mask, frequent hand washing, monitoring your health for symptoms, and avoiding public situations where you are unable to mask.*

##### If you test positive:

**Continue quarantine.** Get tested again (rapid or PCR) on Day 10. You must receive a negative test result to return to Insight.

## Thank you for doing your part to keep our community safe!

If you have any questions about Insight's COVID protocols, or whether you need to test, please reach out.

#### Insight staff:

Anita: [anita.irvin@insightmcc.org](mailto:anita.irvin@insightmcc.org)  
703-204-4664 x115

#### Day Center families:

Stephanie: [stephanie.houpt@insightmcc.org](mailto:stephanie.houpt@insightmcc.org)  
703-204-4664 x114

#### Reconnections Fairfax:

Melissa: [melissa.para@insightmcc.org](mailto:melissa.para@insightmcc.org)  
703-204-4664 x139

#### Reconnections Sterling:

Selena: [selena.pagan@insightmcc.org](mailto:selena.pagan@insightmcc.org)  
703-204-4664 x118