READ THROUGH YOUR COVID-19 PLANNING FOLDER AND ACTIVATE YOUR HOUSEHOLD QUARANTINE PLAN

- Closely monitor for symptoms of COVID-19. Symptoms can appear anywhere from 2-14 days after exposure and may or may not include headache, fever or chills, cough, shortness of breath or difficulty breathing, increased fatigue, worsening muscle or body aches, headache, loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting, and diarrhea.

- Contact your healthcare provider(s) right away to arrange for possible urgent treatment with the anti-COVID-19 monoclonal antibodies, regardless of whether or not you have had a positive test or symptoms.

- Immediately schedule appointments for testing 3-5 days following the date of known exposure. Availability for testing can be limited during times of surging cases.

TESTING RECOMMENDATIONS FOR COVID-19

- The CDC recommends testing 3-5 days following the date of the known exposure, even without symptoms. But if you begin to have symptoms, arrange to get tested right away.

- If possible, have both the rapid and PCR tests performed. If both are not available, the PCR test is much preferred due to increased accuracy. Know that if you test negative, you were not infected at the time your sample was collected. The test result only means that you did not have COVID-19 at the time of testing. Continue to take steps to protect yourself and others by wearing a mask and distancing.

- If symptoms develop, but you had a negative test, you should immediately get retested.

- If you test positive, refer to the COVID-19 Action Plan for the next steps.

QUARANTINE RECOMMENDATIONS FOR CLL

- If you received a negative PCR test result AND if no symptoms have been detected during daily monitoring, quarantine can end after Day 10.

- For those that did not get tested and never experienced any symptoms of COVID-19, quarantine must last for the full 14 days following exposure.

Please visit cllsociety.org for more information.