**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.

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### 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.

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### 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.

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**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.

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