



Stay safe... stay healthy... be well

Wednesday Wellness Message (12/2/2020)

This week's wellness message: when would I be most contagious if I have COVID-19?

If you have recently been in close contact with people who don't live with you (in your home or theirs, in restaurants or bars, at athletic events or gatherings after), even a Thanksgiving dinner or football watch party with family or friends you think you know for sure wouldn't be positive, you may want to get tested and stay away from vulnerable people until you know you are negative.

It's best not to get tested too soon... wait at least five to seven days for best results.

CONTAGIOUS PERIOD

You are most contagious in the infection stage, during the 10 days after your symptoms began. You can also be contagious even if you don't have symptoms. The infection is spread by the virus, not by antibodies or antigens, so you are most contagious when you have large amounts of virus in your body.

