

What to Do If You Were Exposed to COVID-19



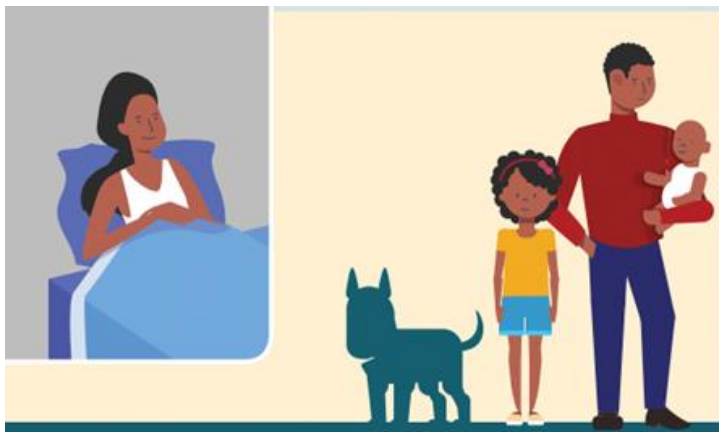
If you were exposed to the virus that causes COVID-19 or have been told by a healthcare provider or public health authority that you were exposed, there are steps that you should take, regardless of your vaccination

status or if you have had a previous infection.

Steps include:

- Watch for symptoms for 10 days
- Wear a mask around others indoors for 10 days
- Test 5 days after exposure, or sooner if you have symptoms
- If you test positive, follow isolation guidance
- Take extra precautions for 10 days when around people more likely to get very sick

Isolation and Precautions for People with COVID-19



If you have COVID-19, you can spread the virus to others. Regardless of vaccination status, you should isolate from others. You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have test results.

If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days.

- Wear a high-quality mask if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask.
- Do not travel.
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your symptoms. If you have an emergency warning sign (like trouble breathing), seek emergency medical care immediately.

It is important to also understand when to end isolation and when to stop wearing a mask.

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End isolation based on how serious your COVID-19 symptoms were.

If you had no symptoms

You may end isolation after day 5.

If you had symptoms

You may end isolation after day 5 if:

- You are fever-free for 24 hours (without the use of fever-reducing medication)
- Your symptoms are improving

If you still have fever or your other symptoms have not improved, continue to isolate until they improve.

Those with *moderate illness* (if you experienced shortness of breath or had difficulty breathing), or *severe illness* (you were hospitalized) or a *weakened immune system*, need to isolate through day 10.

*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

Removing Your Mask

- Wear your mask through day 10.

OR

- With two sequential negative home tests 48 hours apart, you may remove your mask sooner than day 10.