

# WHAT TO DO IF YOU'VE BEEN *exposed to COVID-19*

## YOU HAVE SYMPTOMS\*\*

Get tested. While waiting for your results, stay home and self-quarantine away from others.

## YOU GOT TESTED

## YOU'VE BEEN EXPOSED TO COVID-19:

Exposure means that you were within 6 feet for more than 15 minutes of someone who was contagious\* and tested positive for COVID-19 (with or without wearing a mask).

## YOU DO NOT HAVE SYMPTOMS

Consider getting tested. Quarantine for 6 to 8 days before being tested to avoid a possible false negative result.

## YOU GOT TESTED

### YOU TESTED POSITIVE

Isolate and stay home for at least 10 days since symptoms started or from the date of the test. Self-monitor for symptoms and avoid contact with others at all times. Note: anyone who lives with you should also quarantine for 14 days since their last contact with you.

### YOU TESTED NEGATIVE

Isolate and stay home for at least 14 days since you were exposed to COVID-19. If necessary to leave the home, wear a mask and maintain 6 feet social distancing.

## YOU DID NOT GET TESTED

Quarantine and stay home for 14 days after last exposure to COVID-19. If necessary to leave your home, wear a mask and maintain 6 feet social distancing. Self-monitor for symptoms.

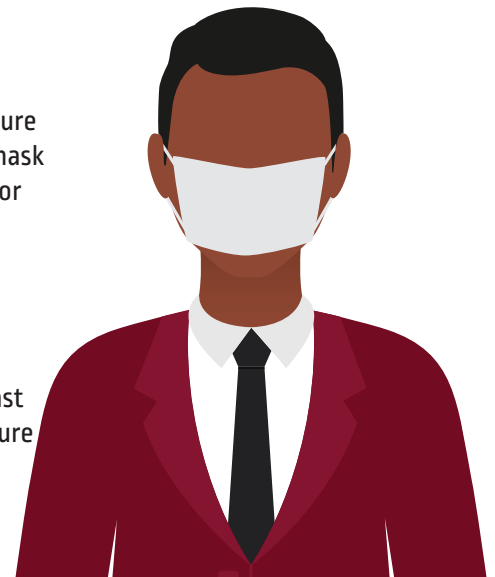
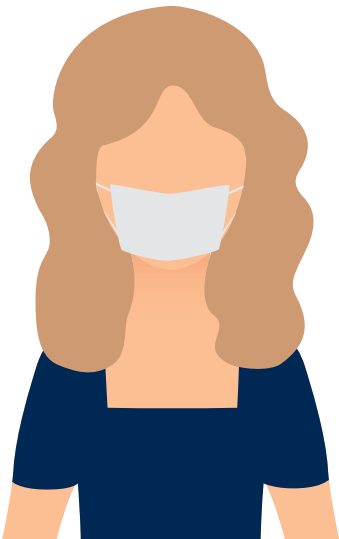
### YOU GET SYMPTOMS

While waiting for your results, stay home and self-isolate away from others.

*Note: If you were in contact with someone who tested positive and you get symptoms, you are now considered a case, even if you don't get tested.*

### YOU DO NOT GET SYMPTOMS

Self-isolate until at least 14 days after last exposure to COVID-19.



## SEEK EMERGENCY MEDICAL ATTENTION IF YOU SHOW ANY OF THESE SIGNS:

- » Trouble breathing
- » Persistent pain or pressure in the chest
- » New confusion
- » Inability to wake or stay awake
- » Bluish lips or face

This document provides general guidance about COVID-19 and does not substitute for advice from your physician. Consult your physician for specific medical advice.

\*People are considered contagious 2 days before they begin showing symptoms until at least 10 days after they have symptoms.

\*\*Symptoms include but are not limited to fever, chills, cough, shortness of breath, difficulty breathing, body aches, loss of taste or smell, sore throat, diarrhea, nausea, vomiting, and runny nose/congestion.