

What To Do If You Were Exposed To Someone With Coronavirus Disease (COVID-19)

What is COVID-19?

COVID-19 is a respiratory disease caused by a new virus called SARS-CoV-2. Most people with COVID-19 have fever, cough, and shortness of breath. Most people will have mild disease and get better on their own. A few people will get sicker and may need to be hospitalized.

How do I know if I was exposed?

You may have been exposed if you were in close contact with someone who has the disease. This might mean:

- Living in the same household as someone who has COVID-19
- Taking care of someone who has COVID-19
- Being within 6 feet of someone who has COVID-19 for at least 10 minutes of infected person not wearing a mask including household contacts, visitors, healthcare workers
- Touching secretions from someone who has COVID-19 (e.g. being coughed on, kissing, sharing utensils, etc.)

What should I do if I was exposed?

Call your local testing center. You may be eligible for testing.

Stay home. Do not go to work, school, stores or other public places.

Monitor your symptoms. If you develop fever, cough, or shortness of breath it is likely that you have COVID-19. You should isolate yourself at home away from other people. If you are older than 60 years old, are pregnant, or have chronic medical conditions you should call your physician's office to ask for advice. Do not come to the doctor's office without calling first. If you have a medical emergency and need to call 911, notify the dispatcher that you have been exposed to COVID-19. If possible, put a mask on before the emergency medical services arrive.

When can my isolation end?

If you were not tested and do not get sick, your home isolation ends **14 days after your last close contact.**

If you are tested and test positive for COVID19, you may discontinue home isolation after at least **10 days** have passed since the date of your first positive test AND continue to **have no symptoms** (no cough or shortness of breath) since the test or you received two negative tests in a row, at least 24 hours apart.