

# What to do if you were exposed to COVID-19

If you were exposed to COVID-19, please follow this guidance to keep yourself and others safe.



## Take steps to protect yourself and others:

- You do not need to quarantine if you do not have symptoms.
- Get tested 5 or more days after the last day you were exposed to COVID-19. Additional testing earlier than day 5 may help detect asymptomatic infection. Isolate and get tested for COVID-19 if you develop symptoms.
- Wear a mask in indoor public settings for 10 days after your last day of exposure.
- Monitor for symptoms for 10 days following your last day of exposure.
- Consider wearing a mask at home if you live with persons who are at high-risk.



## Isolate yourself if you develop symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**Seek emergency medical care if you experience chest pain, blue or gray lips/finger nails or difficulty staying awake.**

Everyone 6 months of age and older is recommended to stay up to date with all recommended COVID-19 vaccines, including any booster dose(s) when available.

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