

TAKE ACTION IF YOU HAVE BEEN EXPOSED to COVID-19



WHAT TO DO: MONITOR, MASK & TEST

WATCH YOURSELF FOR SYMPTOMS OF COVID-19

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

PROTECT OTHERS

Wear a well-fitting mask around others and monitor for symptoms

FOR 10 DAYS

You can develop COVID-19 up to 10 days after you have been exposed

If you have COVID-19 symptoms...

Get a test and stay home.

see: Isolation Guidance for the General Public

DAY 0

The day you were exposed.
(You were within 6 feet of someone with COVID-19 for a total of 15 minutes or more on any day that they may have been infectious.)

For 10 days, wear a well-fitting mask when around others at home and indoors in public.

DAY 6

Get tested

If your test is positive:
Start isolation.
Stay home, wear a mask, and tell your close contacts.

DAY 10

Continue to mask through day 10.

DAY 11

If you remain without symptoms and are fever free, you can stop masking (for this exposure) on day 11 or later.