

# WHAT TO DO IF YOU HAVE A COVID EXPOSURE

EXPOSURE: "Contact" with a person with known or presumed COVID-19 at anytime including 2 days before onset of symptoms, until the end of their 10 day isolation

CONTACT: Within 6 feet for a cumulative total of 15 minutes over a 24 hours period, regardless of mask status. OR direct physical contact with person, or contact with their cough, spit, or sneeze droplets

## IF YOU HAVE A CONFIRMED EXPOSURE\*:

If you are vaccinated:

- PCR 3-5 days after exposure
- No quarantine needed
- Wear mask in indoor public spaces x 14 days
- Monitor for symptoms x 14 days
- Get tested if symptoms

If you are NOT vaccinated:

- PCR after notification
- PCR 5-7 days after exposure
- Quarantine for 14 days (0.1% risk of transmission)
- Monitor for symptoms x 14 days
- Get tested if symptoms

\*If you have had a CONFIRMED COVID-19 ILLNESS <90 DAYS PRIOR TO A NEW EXPOSURE, you do NOT need to quarantine or get tested except if you develop symptoms within 14 days of this new exposure.

## IF YOUR TEST RESULT IS POSITIVE:

- Isolate for 10 days from onset of symptoms or date of positive test.
- End isolation after 10 days & no fever x 24 hours & symptoms improving.
- If you are immunosuppressed, talk to your doctor. Isolation for up to 20 days may be required.
- 5 years old and up, please schedule a visit to return to ANY physical activity.

## IF YOUR TEST RESULT IS NEGATIVE, BUT YOU ARE SYMPTOMATIC AFTER AN EXPOSURE:

- Remember false negatives are common.
- If your symptoms seem consistent with COVID-19 and there is not another definitive explanation for your illness, then please just assume you have COVID-19 and isolate.