



## What to do if you were exposed to someone with coronavirus disease (COVID-19)

If you think you have been exposed to someone with COVID-19, please follow the recommendations below to monitor your health and help prevent the spread of disease to others if you become sick.

### How do I know if I was exposed?

It is likely that you need to be in direct close contact with someone with COVID-19 when they have symptoms, or during the 48 hours (2 days) before they develop symptoms or test positive, to get infected. Close contact includes:

- Living in the same household as a sick person with COVID-19,
- Caring for a sick person with COVID-19,
- Being within 6 feet of a person with COVID-19 for 15 minutes or longer, OR
- Being in direct contact with respiratory droplets from a sick person with COVID-19 (e.g., being coughed or sneezed on, kissing, sharing utensils).

If you have not had direct close contact with a person with COVID-19 your risk of exposure is low. You can continue your normal activities. You should still monitor yourself for symptoms, and stay away from others if you get sick.

### What should I do if I was in close contact with someone with COVID-19 while they were ill, but I am not sick?

You should monitor yourself for fever (or signs of fever such as body aches and chills), cough, shortness of breath, headache, or sore throat for 14 days after the last day you were in close contact with the person with COVID-19. Do not go to school or work. Avoid public spaces, public activities, and group gatherings. You should avoid public places for 14 days.

[Learn when to start and end quarantine.](#)

Call your healthcare provider and let them know that you have been exposed to someone with COVID-19 to get tested. If you test negative for COVID-19 by a viral test, you may not have been infected at the time your sample was collected. However, that does not mean you will not get sick. The test result only means that you did not have COVID-19 at the time of testing. You might test negative if the sample was collected early in your infection and test positive later during your illness. You could also be exposed to COVID-19 after the test and get infected then.

### What should I do if I get sick?

If you develop symptoms of fever (or signs of fever such as body aches and chills), cough, shortness of breath, headache, runny nose, or sore throat, even if your symptoms are mild, you may have COVID-19. You should isolate yourself from others, including others who live or spend time in your home. Do not go to school or work. Avoid public spaces, public activities and group gatherings. Call your healthcare provider and let them know that you have been exposed to someone with COVID-19 to get tested.

[Learn more about what to do if you are sick.](#)

If you have a medical emergency and need to call 911, tell the dispatch personnel that you may have been exposed to COVID-19. If possible, put on a face mask before emergency medical services arrive or immediately after they arrive.

**If I developed symptoms, when can I resume my normal activities?**

If you are sick, you must stay home and away from other people until:

- Your fever has been gone for 72 hours (three full days) without using fever-reducing medicine, AND
- Your other symptoms have improved, AND
- At least ten days have passed since your symptoms first began.

**For more information about how COVID-19 and how to protect yourself please visit:**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>