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

START PRECAUTIONS
Immediately

Wear a mask as soon as you find out you were exposed

Start counting from Day 1

- Day 0 is the day of your last exposure to someone with COVID-19
- **Day 1 is the first full day** after your last exposure

CONTINUE PRECAUTIONS
10 Full Days

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

- **Wear a high-quality mask** or respirator (e.g., N95) any time you are around others inside your home or indoors in public
- Do not go places where you are unable to wear a mask

Watch for symptoms

- Fever
- Cough
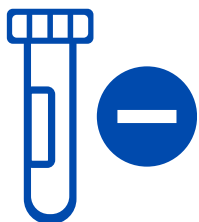- Shortness of breath

If you develop symptoms

- Isolate immediately
- Get tested
- Stay home until you know the result

GET TESTED
Day 6

Get tested at least 5 full days after your last exposure
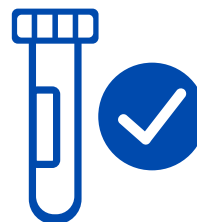
IF YOU TEST
Negative

Take precautions through day 10

- Wear a mask when around others

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

IF YOU TEST
Positive

Isolate immediately