

Exposure to COVID-19 Infections

1. Start wearing a high-quality mask as soon as possible.

2. Watch for symptoms.

- Fever of 100.4°F or higher
- Cough
- Shortness of breath
- New loss of taste or smell
- Sore throat
- General cold symptoms

I do have symptoms.

- Isolate
- Get tested after 5 days

If positive:

1. Isolate for at least 5 days
2. Wear a high-quality mask for 10 days
3. Don't travel
4. Don't share personal items (cups, towels)
5. Notify close contacts
6. Submit a COVID-19 Self-Report Form
7. Consider an evaluation by a health professional before ending isolation

If negative:

1. Wear a mask for 10 days
2. Avoid people at high risk
3. Consider an evaluation by a health professional before ending isolation
4. Count from the date symptoms start (Day 0)

Isolation is no longer recommended by the CDC for exposure to COVID-19 regardless of vaccination status. If you are immunocompromised or high-risk, you should isolate for 10 days, otherwise, isolation can end after 5 days as long as you are without fever for 24 hours, your symptoms are minor and improving.

I do NOT have symptoms.

- Wear a high-quality mask for 10 days
- Get tested if symptoms develop
- Count from the test date (Day 0). Restart count if symptoms develop.

Updated August 17, 2022

