

Next Steps:

Exposed to someone with COVID-19



If you were exposed to someone with COVID-19, get tested at least 5 days after exposure, monitor for symptoms and wear a well-fitting mask.

Understanding your risk

Certain factors can lower or increase your risk of getting COVID-19 after being exposed. These include:

- How long you were around the person with COVID-19.
- Whether or not the person with COVID-19 had symptoms at the time.
- If the person with COVID-19 was coughing, singing, shouting, or breathing heavily.
- Whether or not you or the person with COVID-19 were wearing masks.
- How well-ventilated the space was.
- How close the person with COVID-19 was to you.

What to do after exposure:

- **Wear a well-fitting mask at home and in public for 10 days.**
- **Get tested for COVID-19 at least 5 days after exposure.**
- **Monitor for symptoms of COVID-19 for 10 days after your last exposure.**
- **Take extra precautions if you be around people who are more likely to get very sick from COVID-19.**
- **If you live with someone with COVID-19, avoid sharing the same space within the home.** Use a different bedroom or bathroom if you can.
- **Avoid travel.** Do not fly or take other public transportation including ride-shares or taxis.



If you develop symptoms or test positive:

Follow these steps even if you are up to date with vaccinations.



- Isolate from other members of your household
- Get tested for COVID-19 if you haven't already.
- Tell a doctor what your symptoms are.
- Continue wearing a well-fitting mask when around others.

