



What to Do If You Were Exposed to COVID-19

Updated Aug. 11, 2022


Looking for the Quarantine and Isolation Calculator? It's currently being updated and will be posted here when available.

If you have tested positive or are showing symptoms of COVID-19, [isolate immediately](#).

About Being Exposed to COVID-19

If you were exposed to the virus that causes COVID-19 or have been told by a healthcare provider or public health authority that you were exposed, here are the steps that you should take, regardless of your vaccination status or if you have had a previous infection. Learn how COVID-19 spreads and the [factors that make risk of spread higher or lower](#).


After Being 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

Take Precautions

Wear a high-quality [mask](#) or respirator (e.g., N95) any time you are around others inside your home or indoors in public ¹

- Do not go places where you are unable to wear a mask, including travel and public transportation settings.

Watch for symptoms

- fever (100.4°F or greater)
- cough
- shortness of breath
- [other COVID-19 symptoms](#)

If you develop symptoms

Take **extra precautions** if you will be around people who are **more likely to get very sick from COVID-19**.

[More about how to protect yourself and others >](#)

- [isolate immediately](#)
- [get tested](#)
- [stay home until you know the result](#)

If your test result is positive, follow the [isolation recommendations](#).



GET TESTED

Day 6

Get tested at least 5 full days after your last exposure

Test even if you don't develop symptoms.

If you already had COVID-19 within the past 90 days, see [specific testing recommendations](#).



IF YOU TEST

Negative

Continue taking precautions through day 10

- Wear a high-quality mask when around others at home and indoors in public

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



IF YOU TEST

Positive

[Isolate immediately](#)

*About negative test results

As noted in the Food and Drug Administration labeling for authorized over-the-counter antigen tests, negative test results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions.

¹Masks are not recommended for children under ages 2 years and younger, or for people with some disabilities. Other prevention actions (such as improving ventilation) should be used to avoid transmission during these 10 days.