



WHAT TO DO IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

(AKA quarantine guidance/guidance for close contacts)

CDC guidelines for the general population:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Certain settings like schools and health care facilities may have additional guidance.

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

Note: if you have had COVID-19 in the last 90 days, you do not need to quarantine if exposed.

If you...

- Are up to date on COVID-19 vaccination including boosters

Then you should...

- Wear a wellfitting mask around others for 10 days.
- Get tested (PCR or rapid antigen) on day 5, if possible. If positive, follow isolation guidance.

*If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation guidance. If **negative stay home until symptoms resolve**. If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.

If you ...

- Are not vaccinated, OR
- Are not up to date on your vaccine including boosters.

Then you should...

- Stay home (quarantine) for 5 days. Then continue to wear a well-fitting mask around others for 5 more days.
- If you can't quarantine, you will need to wear a mask around others for 10 days. Keep activities to essential tasks only.
- Get tested (PCR or rapid antigen) on day 5, if possible. If positive, follow isolation guidance.

*If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation guidance. If **negative, stay home until symptoms resolve**. If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.



A well-fitting mask is one that covers your nose and mouth and fits snugly on the sides. A surgical, KN95, or N95 mask is best.

Additional recommendations from the Health Department:

Taking these extra steps can further reduce your risk of spreading COVID-19 to others.

- In high-risk, congregate settings (like long-term care facilities, jails, etc.) or if you are often around vulnerable populations (e.g., immunocompromised or elderly people)
 - Consider staying home/quarantining for a full 10 days after exposure