

What to do if you were exposed to COVID-19

Based on CDC guidance updated Aug2022

- You can still develop COVID-19 up to 10 days after you have been exposed
- Everyone who is exposed should take these precautions regardless of vaccination status
- Start precautions as soon as you find out you were exposed
- Continue precautions for 10 full days after your last exposure

TAKE PRECAUTIONS until 10 full days after your last exposure

- **Wear a high quality mask or respirator** anytime you are around others at home or indoors in public
 - Take extra precautions if you will be around people who are more likely to get very sick from COVID-19
- **Watch for symptoms** like fever, cough and shortness of breath
 - If you develop symptoms, **isolate immediately and get tested**
 - **If your test is positive, follow isolation guidelines**
- **Get tested** at least 5 days after your last exposure (*even if you don't develop symptoms*)
 - If you **test negative**, continue masking through day 10
 - **If your test is positive, follow isolation guidelines**

For full details visit the CDC website: 