What to do if you were potentially exposed to someone with confirmed coronavirus disease (COVID-19)

If you think you have been exposed to someone who has tested positive for COVID-19, please follow the steps below to monitor your health and avoid spreading the disease to others.

What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a respiratory disease caused by a new virus called SARS-CoV-2. The most common symptoms of the disease are fever, cough, and shortness of breath. Most people with COVID-19 will have mild symptoms but some people will get sicker and may need to be hospitalized.

How do I know if I was exposed to COVID-19?

You generally need to be in close contact with a person who has COVID-19 to get infected. The disease is thought to be spread through close contact with an infected person.

Close contact includes:

- Living in the same household as a person infected with COVID-19,
- Caring for a person infected with COVID-19,
- Being within 6 feet of a person infected with COVID-19, and
- Being exposed to droplets from an infected person's coughs and/or sneezes

If you have not been in close contact with a person infected with COVID-19, you are at low risk for infection. If you get sick, please monitor your health for 14 days and stay away from others.

What should I do if I was in close contact with someone with COVID-19 while they were ill, but I am not sick?

You should monitor yourself for fever, cough and shortness of breath. If you become sick, you should not go to work or school and should avoid public places.

What should I do if I am in close contact to someone with COVID-19 and get sick?

If you were in close contact with a person infected with COVID-19 and you experience the following symptoms:

- fever,
- cough,
- or shortness of breath

Even if your symptoms are very mild, you may likely have COVID-19. You should isolate yourself at home and stay away from other people.

If you have any of the following conditions that may increase your risk for a serious infection—age 65 years or older, are pregnant, or have medical conditions—contact your medical provider and tell them that you were exposed to someone with COVID-19. They may want to monitor your health more closely or test you for COVID-19.
If you do not have a high-risk condition but want medical advice, call your healthcare provider and tell them you were exposed to someone with COVID-19. Your healthcare provider can help you decide if you need to be evaluated in person. There are currently no medications to treat COVID-19.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you may have been exposed to COVID-19. If possible, put on a facemask before emergency medical services arrive or immediately after they arrive.

**Home Isolation**

If you are sick, you may stop home isolation under the following conditions:

- **If you had a fever**, you may stop **3 days after the fever ends AND** you see an improvement in your initial symptoms (e.g. cough, shortness of breath).
- **If you did not have a fever**, you may stop **3 days after** you see an improvement in your initial symptoms (e.g. cough, shortness of breath).