



12/29/21 – Revised timelines to reflect updated CDC recommendations

If you have been exposed to someone with COVID-19, follow the steps below to monitor your health and avoid spreading the disease to others:

How do I know if I was exposed?

- You generally need to be in close contact with a sick person to get infected. Close contact is defined as being within 6 feet for a total of at least 15 minutes within 24 hours (either consecutive or cumulative), regardless of whether masks were worn. However, this depends on the exposure level and setting. The final decision on what constitutes close contact is made at the discretion of public health. Close contact includes:
 - Living in the same household as a sick person with COVID-19
 - Caring for a sick person with COVID-19
 - Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.)
- Exposure includes close contact with a case two days prior to case's symptom onset (or specimen collection date if case never experiences symptoms) through the end of the case's isolation period.

Communicate with Public Health

- You may receive a call or text from public health if you have been in close contact with someone with COVID-19. They will explain quarantine guidance and answer any questions you have. If you have any additional questions, contact your local health department.

Quarantine Yourself

- If you are unvaccinated, or you were fully vaccinated more than 6 months ago and you have not gotten a COVID booster shot, you should quarantine at home for 5 days after being exposed.
- You should not go to work or school, and should avoid public places. If possible, get others such as friends or family, to drop off food or other necessities.
- If you must be around other people during the 10 days following your exposure, wear a mask.
- Monitor yourself for COVID symptoms.
 - Watch for **fever, cough, sore throat, congestion, and shortness of breath** during the 10 days after the last day you were in close contact with the person with COVID-19. **If you develop symptoms, stay home,** you may have COVID-19.
 - If your symptoms are mild, stay home and monitor your health. If you need medical assessment, call the health clinic or hospital before you arrive and tell the provider that you are a contact to a person who was diagnosed with COVID-19.
- If feasible, get tested 5 days (or more) after your last exposure to a case.

Quarantine Exceptions

- If you have been boosted or recently fully vaccinated (within the last 6 months), and you are not experiencing symptoms, you do not have to quarantine.
- However, you should continue to wear a mask when around others through 10 days after your last exposure to a case, and (if feasible) get tested 5 days (or more) following your exposure, even if you are feeling well.

Practice Healthy Habits

- Follow all the appropriate social distancing recommendations.
- Wear a mask in public settings.
- Cover your cough or sneeze into your elbow or a tissue.
- Wash your hands often with soap and water for at least 20 seconds.
- Clean and disinfect objects and surfaces regularly, including your phone.

If symptoms develop, all people – regardless of vaccination status – should isolate and get tested for COVID-19.