

What to do After Exposure to COVID-10

(Recommendations may be different in various localities)

- CDC recommends quarantine after close contact (within 6 feet) of someone with COVID-19 for at least 15 minutes or more in a 24-hour period.
- You should stay home for 14 days after your last exposure.
- If you are fully vaccinated and show no symptoms of COVID-19, after exposure staying home isn't required.
- Fully vaccinated people should get tested 3-5 days after exposure, even if they don't have symptoms, and they should wear a mask indoors in public for 14 days following exposure or until their test result is negative.
- Other reasons not to quarantine following close contact with people with COVID-19:
 - Someone who has COVID-19 illness within the previous 3 months and has recovered and remains without COVID-19 symptoms.
- Wear a mask even if you are fully vaccinated to reduce risk of being infected with delta variant and possibly spreading it to others and wear a mask indoors if you are in an area of substantial high transmission.