WHAT TO DO IF YOU ARE EXPOSED TO SOMEONE WHO HAS COVID-19

If you were exposed to someone with COVID-19 you should take precautions!

- Continue to stay away from the person who has COVID-19. If you can't stay away, wear a well-fitting mask when around others at home and in public.
- After the last day you are exposed to the person with COVID-19, continue to wear a well-fitting mask when around others at home and in public for 10 days.
- Monitor for COVID-19 symptoms.
- Stay away from people who have a weak immune system.
- Get tested on day 6 after exposure.

If you develop symptoms, you should:

- Stay home and isolate immediately
- Get tested
- If you test positive, follow the steps on the other side of this info sheet

COVID-19 Symptoms

Fever
Chills
Cough
Shortness of breath
Fatigue
Body aches
Headache
New loss of taste
New loss of smell
Congestion
Runny nose
Nausea
Vomiting
Diarrhea

Example of what to do if you were exposed to COVID-19

January

2	3	4	5	6	7	8
Exposed to someone with COVID-19 Day 0	Wear a Mask Day 1	Wear a Mask Day 2	Wear a Mask Day 3	Wear a Mask Day 4	Wear a Mask Day 5	Wear a Mask Get Tested* Day 6
9	**10**	**11**	**12**	**13**	**14**	**15**
Wear a Mask Day 7	Wear a Mask Day 8	Wear a Mask Day 9	Wear a Mask Day 10	Release from mask wearing if no symptoms		

*Test sooner if you have symptoms