



# What to do if you are exposed to COVID:

**IF YOU were exposed to COVID-19 and are NOT up-to-date on COVID-19 vaccinations (including boosters if eligible)**

## **Quarantine for at least 5 days**

- Stay home for at least 5 full days.

## **Get tested**

- Get tested at least 5 days after close contact with someone with COVID-19.
- If you can't get a test and have symptoms, assume you are positive and isolate

## **Take precautions until Day 10**

- Wear a quality mask for 10 days while around others

## **Avoid travel**

## **Avoid being around people who are high risk**

**IF YOU were exposed to COVID and you are up-to-date on COVID vaccinations**

## **No Quarantine**

- You do not need to stay home **unless** you develop symptoms

## **Take precautions until Day 10**

- Wear a quality mask for 10 days when around others.
- Get tested if you develop symptoms, or assume you are positive and isolate for 5 days

## **Avoid travel**

## **Avoid being around people who are high risk**

**IF YOU were exposed and had confirmed COVID within the past 90 days**

## **No Quarantine**

- You do not need to quarantine **unless** you develop symptoms.

## **Take precautions until Day 10**

- Take precautions until Day 10
- Wear a mask for 10 days when around others.
- If you develop symptoms, assume you are positive and isolate for 5 days

## **Avoid travel**

## **Avoid being around people who are high risk**