

# I've been exposed to someone with COVID-19.

## What should I do?

The [CDC has updated guidance](#) for people exposed to COVID-19. Effective August 11, 2022, the CDC is no longer recommending quarantine for people who have experienced a close contact exposure to someone with COVID-19. Employees and students that believe they have come in contact with a COVID-19 positive person, should follow the directions outlined below regardless of their vaccination status or if they have had a previous infection.

### + If you were exposed to COVID-19

- Wear a face covering as soon as you find out you were exposed.
- Start counting from Day 1
- Day 1 is the first full day after your last exposure
- Day 0 is the day of your last exposure to someone with COVID-19.

### + Continue precautions for 10 days

- Watch for symptoms including fever, cough, shortness of breath and [other COVID-19 symptoms](#).
- You can still develop COVID-19 up to 10 days after you have been exposed.
- It is recommended that you wear a face covering any time you are around others inside your home or indoors in public.

### + If you develop symptoms

- Isolate immediately, get tested, and stay home until you know the result.
- If your test result is positive, follow the [isolation recommendations](#).

### + Get tested at least 5 days after your last exposure

- Test even if you don't develop symptoms.
- If you test positive, isolate immediately and consider the date of your positive test result as day 1.
- If you test negative, continue taking precautions through day 10 and wear a face covering when around others at home and indoors in public.

