I’ve been exposed to someone with COVID-19.

What should I do?

The [CDC has updated the recommended isolation and quarantine period](https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html) for people with COVID-19.

**If you were exposed to COVID-19 & Boosted or have had confirmed COVID-19 within 90 days of this exposure:**
- Quarantine is not required.
- Wear a mask for 10 days after exposure, including at home to prevent household transmission.
- With no symptoms, testing is recommended at day five after exposure.
- If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.

**If you were exposed to COVID-19 & Unvaccinated or Vaccinated more than six months ago with Pfizer or Moderna vaccine or more than two months ago with J&J vaccine and not yet boosted or have had confirmed COVID-19 more than 90 days from this exposure:**
- Quarantine for five days.
- Strict mask use for an additional five days.
- Alternatively, if a five-day quarantine is not feasible, it is imperative that an exposed person wear a well-fitting mask at all times when around others for 10 days after exposure.
- Without symptoms, testing recommended at day five after exposure.
- If you develop symptoms stay home. It’s recommended you consult with a healthcare provider to help determine whether testing or treatment is needed.

**If you have had secondary exposure but are not ill:**
- A secondary exposure is when a person has had a close contact exposure to someone who is being tested for COVID-19 but the results are not yet available. If you have experienced secondary exposure:
  - Self-quarantine is not necessary.
  - Continue to practice mitigation strategies including wearing a well-fitting mask.
  - Monitor your health daily for the COVID-19 symptoms identified by the CDC.
  - Practice infection control measures.

*Updated January 5, 2022*