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.