I was exposed to someone with COVID-19… what do I do?

IF you have had your vaccine booster OR you finished your Moderna or Pfizer series less than 6 months ago:

- Watch for symptoms, and get tested if you feel sick.
- Continue to wear your mask in public as usual.

IF you are not vaccinated or you have not had your booster:

- Quarantine for 5 days at home, and get tested on day 5.
- If your test on day 5 is negative and **you have no symptoms**, you can end quarantine.
- If your test on day 5 is negative but **you have symptoms**, wait until your symptoms have ended to leave quarantine.

I tested positive for COVID-19… what do I do?

- Isolate at home, away from others. Try as much as possible to stay in a separate room and use a separate bathroom if available – if a separate bathroom is not available, sanitize between uses and others should wait one hour after you shower before entering the bathroom. Use shared spaces like the kitchen at different times than others. Wear a mask whenever you are around others or in shared spaces.
- Notify the people you've been around. You are contagious for COVID-19 beginning 2 days before your symptoms start (or two days before your test was done if you have no symptoms). You will need to notify the people you were around during that time, including:
    - The people you live with;
    - Your employer or school;
    - Anyone else you were in close contact with for 10-15 minutes or more.
- Share this document with your close contacts.
- People with COVID-19 can be infectious for up to 10 days. You can leave isolation as early as day 5 **IF your symptoms are gone.** It is a good idea to take a rapid antigen or at-home rapid test before you end isolation early. Be sure to continue to wear your mask around others outside of your home.

If you are a healthcare worker or work in a high-risk setting, your guidance for returning to work may be different.