

# WHAT TO DO IF YOU WERE EXPOSED TO SOMEONE WITH CORONAVIRUS DISEASE (COVID-19)

## What is COVID-19?

COVID-19 is a respiratory disease caused by a new virus called SARS-CoV-2. Most people with COVID-19 have fever, cough, and shortness of breath. Most people will have mild disease and get better on their own. A few people will get sicker and may need to be hospitalized.

## How do I know if I was exposed?

You may have been exposed if you were in close contact with someone who has the disease.

This might mean:

- Living in the same household as someone who has COVID-19
- Taking care of someone who has COVID-19
- Being within 6 feet of someone who has COVID-19 for at least 10 minutes
- Touching secretions from someone who has COVID-19 (e.g. being coughed on, kissing, sharing utensils, etc.)

## What should I do if I was exposed?

**Stay home.** Do not go to work, school, stores or other public places. **Monitor your symptoms.** If you develop fever, cough, or shortness of breath it is likely that you have COVID-19. You should isolate yourself at home away from other people. If you are older than 60 years old, are pregnant, or have chronic medical conditions you should call your physician's office to ask for advice. Do not come to the doctor's office without calling first. If you have a medical emergency and need to call 911, notify the dispatcher that you have been exposed to COVID-19. If possible, put a mask on before the emergency medical services arrive.

## When can my isolation end?

If you do not get sick, your home isolation ends 14 days after your last close contact.

If you had a fever, you must wait at least 7 days, but also at least 3 days after your fever is gone and you began to see an improvement in your cough or shortness of breath.

If you have cough or shortness of breath but no fever you must wait at least 7 days, but also at least 3 days after you see an improvement in your cough or shortness of breath.