



What to do if you have been exposed to COVID-19

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If you were exposed to the virus that causes COVID-19 or have been told by a healthcare provider or public health authority that you were exposed, here are the steps you should take, regardless of your vaccination status or if you have had a previous infection.

After being exposed you must wear a mask for 10 full days after your last exposure to someone with COVID-19.

Take Precautions

Wear a high-quality mask or N95 any time you are around others inside your home or indoors in public.

*Do not go places where you are unable to wear a mask

Watch for Symptoms

- Fever
- Cough
- Shortness of breath
- [Other COVID-19 symptoms](#)

If you develop symptoms

- Isolate immediately
- Get tested
- Stay home until you know the result (if your test is positive follow the instructions for isolation)

Get tested at least 5 full days after your last exposure. Test even if you don't have symptoms.

- If you test negative continue taking precautions through Day 10 – continue wearing a high-quality mask when around others at home and indoor public spaces. **You can still develop COVID-19 up to 10 days after you have been exposed.**
- If you test positive, isolate immediately