What to Do If You Are Exposed to COVID-19

You may have been exposed to the COVID-19 virus if you were in the same indoor space for 15 minutes (or more) with someone with COVID-19.

Protect yourself and those around you

What to do right now:

• Test even if you do not have symptoms.
  » You may test right away to see if you are already infected, but also test 3-5 days after* you were around the person who tested positive.
  » If you already had COVID-19 during the past 90 days, you do not need to test unless you start to feel sick.
• Wear a well-fitting mask for 10 days when around other people, even in your own home.
  » Choose a good mask (N95, KN95, or KF94 are best). See How to Get the Most Out of Masking and Masking Tips for Children.
  » Be careful when you are indoors and around people who may be more likely to get very sick if they get COVID-19, like an older adult or someone who is at high risk.
• Check yourself for symptoms for 10 days.

How to protect yourself in the future:

• Make an appointment to get vaccinated or boosted.

If you get symptoms of COVID-19 at any time:

• Isolate and stay away from others to keep them from getting sick.
• Test right away.
  » If you use an antigen test (like an at-home test) and you test negative, continue isolating if you have symptoms, and test again in 1-2 days.* Antigen tests can take a few days to turn positive.

If you test positive for COVID-19 at any time:

• Early treatment can help protect you from getting really sick and from having to go to the hospital.
• People at high risk for getting sicker with COVID-19 should get treatment as soon as possible after a positive test. Call a medical provider, or go to a Test to Treat site to get care.
• Isolate and stay away from others so you do not get them sick.
• Continue to wear a well-fitting mask around others for 10 days.*

*Day 0 is the first day of symptoms, a positive test, or when you were exposed. Day 1 is the day after. For full guidance on isolation and quarantine, visit CDPH.ca.gov.

COVID-19 can feel like a cold, allergies, or the flu:

• Fever or chills
• Cough
• Shortness of breath
• Difficulty breathing
• Fatigue
• Muscle or body aches
• Headache
• New loss of taste
• New loss of smell
• Sore throat
• Congestion
• Runny nose
• Nausea
• Vomiting
• Diarrhea

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