

# WHAT DO I DO AFTER A COVID-19 EXPOSURE?

When you have been exposed to someone who tested positive with COVID-19 or is sick with COVID-19 symptoms, you are at risk for getting infected and spreading illness to others.



The following strategies help reduce the risk of COVID-19 transmission. Everyone should take these precautions after an exposure, even if they have all recommended doses of COVID-19 vaccines\*

## What should I do if I have been exposed?

Staying away from others after an exposure (quarantine) is no longer recommended except in specific high-risk situations, such as congregate living facilities or if you are close to people more likely to get very sick from COVID-19. CDC still recommends that people who have been exposed take precautions right away.

- Watch for symptoms for 10 days. Get tested for COVID-19 if you develop symptoms.
- If you do not get symptoms, get tested at least 5 days after your exposure.
- If you develop symptoms or test positive, stay away from others (isolate)
- Wear a mask for 10 days after your exposure when you are around others inside your home or indoors in public (for persons aged 2 years and older).
- Visit <https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html> for more information call us at 303-220-9200 or email [COVIDinfo@adcogov.org](mailto:COVIDinfo@adcogov.org)



## Watch for symptoms

Watch for symptoms every day for 10 days after an exposure. If you develop symptoms, you might have COVID-19. Isolate yourself from others, seek medical advice, and get a COVID-19 test.

Take your temperature once a day and whenever you feel feverish to be sure you do not have a fever (greater than 100.4°F).

Symptoms of COVID-19 include a new fever, cough, sore throat, shortness of breath, congestion, change in taste or smell, tiredness, body aches, headache, vomiting, diarrhea.



## What if I develop symptoms?

You might have COVID-19. Get tested and follow isolation instructions.

If you have symptoms of COVID-19, you may be eligible for treatment. Treatment works best if started as soon as possible.

Email our COVID-19 Treatment Team [covidtreatment@adcogov.org](mailto:covidtreatment@adcogov.org) for more information.

If you are concerned about the severity of your symptoms, call your health care provider. Tell them you might have COVID-19 before seeking care in person.

\*Please visit [www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html) for information on what it means to have all recommended doses of COVID-19 vaccines.



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