If you are exposed to COVID-19

Updated 1/11/2022

Everyone needs to wear a well-fitting mask around other people for 10 days after they are exposed to someone with COVID-19. Some people may also need to quarantine at home for 5 days. You don't need to quarantine at home if you tested positive for COVID-19 in the last 90 days (about 3 months). You also don't need to quarantine at home if you are up-to-date with your COVID-19 vaccinations. This means you’ve had:

- A booster dose of any COVID-19 vaccine, or
- A 2nd dose of the Pfizer or Moderna COVID-19 vaccine in the last 5 months, or
- A Johnson & Johnson COVID-19 vaccine in the last 2 months.
- Children younger than 18 are considered up-to-date if they’ve had 2 doses of the Pfizer COVID-19 vaccine. A booster dose is not included in the definition of up-to-date yet for children.

You need to quarantine at home for 5 days if:
- You are unvaccinated.
- You are not up-to-date with your COVID-19 vaccinations.
- It’s been more than 90 days since you tested positive for COVID-19 and you’re not up-to-date with your vaccinations.

Wait 5 days after your exposure to get tested. This lets enough of the virus build up in your body to be detected by the tests. You may need to get tested more than one time, depending on what type of test you had and if you had symptoms at the time of your test. Follow isolation guidelines if you test positive after an exposure.

There is a chance vaccinated people can get COVID-19, so to be very safe, vaccinated people should get tested 5 days after they were exposed. Some people can test positive after they have COVID-19 even though they are no longer infectious to other people. Do not get tested after an exposure if it’s been less than 90 days (about 3 months) since you first tested positive for COVID-19, as long as you don’t have new or worsening symptoms. However, if you have new or worsening symptoms or it’s been more than 90 days since you tested positive, you should get tested again.

Watch for symptoms of COVID-19 and get tested right away if you get sick.

Symptoms of COVID-19

- Fever (temperature of 100.4°F or 38°C or higher or feeling feverish)
- Cough
- Shortness of breath
- Decrease in sense of smell or taste
- Sore throat
- Muscle aches and pains