If you are exposed to COVID-19

It can be very hard to stay home and miss work or school after being exposed to someone who has COVID-19. It can also be very hard to stay isolated from people who have COVID-19 and live in your home. That's why the CDC updated their quarantine recommendations and no longer recommends people stay home after they are exposed to COVID-19. However, you still need to take precautions to protect other people:

- Wear a well-fitting mask for 10 days after your exposure when around other people or in public.
- Get tested 5 full days after you were exposed to COVID-19.
- Watch for symptoms of COVID-19. If you get sick, stay home, follow isolation guidelines, and get tested.
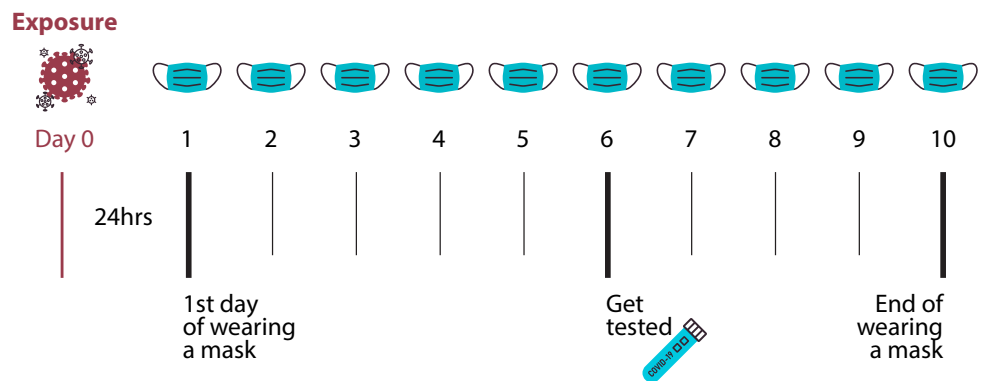
Exposure

Day 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

24hrs

1st day of wearing a mask

Get tested

End of wearing a mask

Image courtesy of Salt Lake County Health Department

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.

5 Days

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.

Fever
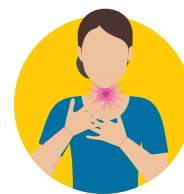(temperature of 100.4°F or 38°C or higher or feeling feverish)

Cough

Shortness of breath

Decrease in sense of smell or taste

Sore throat

Muscle aches and pains

CORONA**VIRUS** | UTAH.GOV

Coronavirus.Utah.gov/Vaccine