Have you been exposed to COVID19?

You may have been exposed and need to quarantine if you had close contact to someone with suspected or confirmed COVID-19, while that person was considered contagious.

Someone is considered contagious with COVID-19 for 48 hours before until at least 10 days after symptoms started (or if no symptoms, 48 hours before until at least 10 days after the collection date of the positive test).

A close contact to someone with suspected or confirmed COVID-19 includes but is not necessarily limited to:

- Being within 6 feet for a total of 15 minutes or more over a 24 hour period of time
- Being coughed or sneezed on by that person
- Having direct physical contact (such as hugging or kissing)
- Living in the same household as that person (unless in a completely separate unit)
- Providing care to someone in the home while he or she is sick or contagious
- Using or sharing the same eating or drinking utensils that someone with COVID-19 just used

Although use of personal protective equipment (PPE) will decrease the risk for exposure, a person is considered exposed in the situations listed above whether masks or cloth face coverings were worn or not. Exceptions may be made for health care providers or other staff in certain clinical settings if appropriate PPE was worn.

What should I do if I was exposed due to close contact with someone with COVID19?*

- Quarantine at home & stay away from others for 14 days after the last day exposed
- Report the exposure to your supervisor
- Monitor for COVID signs and symptoms such as fever, cough, headache, nausea, etc.
- Consult with your doctor as needed
- Follow the guidance of health department representatives and cooperate with public health contact tracing (caller ID “MD COVID ID” or 240-466-4488)
- Get tested for COVID-19

When should I get tested after an exposure?*

- It is recommended that you wait at least 5 days after the last day you were exposed to get tested in order to allow enough time for the test to detect the virus. Waiting at least 7 days to test improves the chances of detecting the virus. If you develop symptoms, you should test sooner.
- When getting tested, request a PCR (polymerase chain reaction) or nucleic acid test as these tests are more accurate than rapid point of care antigen tests. If facility staff is tested by rapid antigen testing, a confirmation PCR test will be required.
- Even if you test negative after an exposure, a 14 day quarantine is still required.
- For testing near you, go to https://coronavirus.maryland.gov/pages/symptoms-testing#TestSitesList

*If previously positive for COVID19 in the past 3 months, staff may be advised not to quarantine or test and should discuss his/her situation with a medical provider and/or the local health department. Rev 11/4/20