



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, regardless of mask use by either person.

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 with that person
- ❖ Being coughed or sneezed on by that person
- ❖ Having direct physical contact such as hugging or kissing
- ❖ Living in the same home as that person, if not living in separate areas of the house
- ❖ 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 mask use will decrease the risk for exposure, a person is considered exposed in the situations listed above whether masks were worn or not. Exceptions may be made for health care providers or other staff in certain clinical settings if appropriate personal protective equipment 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
- ❖ Monitor for symptoms and fever, and consult with your doctor as needed
- ❖ Report the exposure to your supervisor
- ❖ 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 day you were last 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 may be required.
- ❖ Even if you test negative after an exposure, a 14 day quarantine is still required.