



What to Do If You Were Exposed to COVID-19

Updated Aug. 24, 2022

If you have tested positive or are showing symptoms of COVID-19, [isolate immediately](#).

About Being Exposed to COVID-19



Isolation and Exposure Calculator

A tool to help you determine if you need to isolate or take other steps to prevent spreading COVID-19.

Isolation & Exposure

If you were exposed to the virus that causes COVID-19 or have been told by a healthcare provider or public health authority that you were exposed, here are the steps that you should take, regardless of your vaccination status or if you have had a previous infection. Learn how COVID-19 spreads and the [factors that make risk of spread higher or lower](#).

After Being Exposed to COVID-19



START PRECAUTIONS Immediately

Wear a [mask](#) as soon as you find out you were exposed
Start counting from Day 1

- Day 0 is the day of your last exposure to someone with COVID-19
- Day 1 is the first full day after your last exposure



CONTINUE PRECAUTIONS 10 Full Days

You can still develop COVID-19 up to 10 days after you have been exposed

Take Precautions

Watch for symptoms

- fever (100.4°F or greater)
- cough

Wear a high-quality [mask](#) or respirator (e.g., N95) any time you are around others inside your home or indoors in public¹

- Do not go places where you are unable to wear a mask. For travel guidance, see CDC’s [Travel](#) webpage.

Take [extra precautions](#) if you will be around people who are [more likely to get very sick from COVID-19](#).

[More about how to protect yourself and others](#) >


[cough](#)

- shortness of breath
- [other COVID-19 symptoms](#)

If you develop symptoms

- [isolate immediately](#)
- [get tested](#)
- stay home until you know the result

If your test result is positive, follow the [isolation recommendations](#).




GET TESTED

Day 6

Get tested at least 5 full days after your last exposure

Test even if you don’t develop symptoms.

If you already had COVID-19 within the past 90 days, see [specific testing recommendations](#).




IF YOU TEST

Negative

Continue taking precautions through day 10

- Wear a high-quality mask when around others at home and indoors in public

You can still develop COVID-19 up to 10 days after you have been exposed.



IF YOU TEST

Positive

[Isolate immediately](#)

*About negative test results

As noted in the Food and Drug Administration labeling for authorized over-the-counter antigen tests, negative test results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions.

¹Masks are not recommended for children under ages 2 years and younger, or for people with some disabilities. Other prevention actions (such as improving ventilation) should be used to avoid transmission during these 10 days.
Last Updated Aug. 24, 2022