

What to Do If You Were Exposed to COVID-19

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.

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

Wear a high-quality [mask](#) or respirator (e.g., N95) any time you are around others inside your home or indoors in public 1

- 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](#).

Watch for symptoms

- fever (100.4°F or greater)
- 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](#)