What to do if you were exposed to COVID-19

VDH VIRGINIA DEPARTMENT OF HEALTH

If you had **close contact** with a person with COVID-19, VDH recommends that:

- You should monitor your health and wear a well-fitting mask when around others for 10 days. Unless you have recently recovered from COVID-19 you should also get tested for COVID-19 in about 5 days.
- If you are not up to date on your vaccines, you should stay home (quarantine) for at least 5 days.
- If you are a healthcare worker, talk to your employer or the health department for instructions specific to your job.

Close contact includes:

- Being within 6 feet of someone who has COVID-19 for a total of 15 minutes or more over a 24-hour period.
- Providing care at home to someone sick with COVID-19.
- Having direct physical contact with someone with COVID-19 (touching, hugging, or kissing).
- Sharing eating or drinking utensils with someone who has COVID-19.
- Being sneezed or coughed on by someone who has COVID-19.

Close contact does not include:

- Briefly walking by or being briefly in the same room as a person with COVID-19. This does not generally put you at a higher risk of being exposed.
- In K-12 settings, a student who was within 3 to 6 feet of an infected student is not considered a close contact as long as both students wore well-fitting masks the entire time.

Stay home and monitor your health

Monitor your health and be aware of the symptoms of COVID-19 including:

| Cough | Fever | Chills | Muscle pain | Shortness of breath or difficulty breathing* | Sore throat | New loss of taste or smell |

IF YOU HAVE MORE QUESTIONS ABOUT COVID-19
CONTACT 877-ASK-VDH3 (877-275-8343)
OR VISIT VDH.VIRGINIA.GOV/CORONAVIRUS
IF YOU ARE HAVING A MEDICAL EMERGENCY CALL 9-1-1

Updated 1/19/2022

Get tested
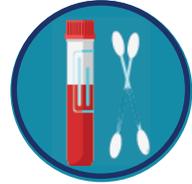
- 5 days after the exposure. If you had COVID-19 in the last 90 days you do not need testing. You can find testing locations in Virginia at vdh.virginia.gov/coronavirus/covid-19-testing-sites/.

- If your test is positive, follow the isolation guidance at https://www.vdh.virginia.gov/coronavirus/protect-yourself/what-to-do-if-you-have-confirmed-or-suspected-coronavirus-disease-covid-19/#sick.

Stay home and away from others (quarantine)

- Stay at home and away from others.

- Do not go to work or school. Do not take public transportation, taxis, or ride-shares.

- If you must go out or be around others, keep at least 6 feet between yourself and others and wear a mask.

Monitor your health for 10 days

- Take your temperature and watch for fever and other COVID-19 symptoms 'cough', 'shortness of breath', 'chills', 'muscle pain', 'sore throat', or 'new loss of taste or smell'.

- You can download VDH's Daily Symptom Monitoring Log to help keep track of your symptoms.

- If you develop COVID-19 symptoms, stay home (isolate), get tested, and follow VDH isolation guidance at https://www.vdh.virginia.gov/coronavirus/protect-yourself/what-to-do-if-you-have-confirmed-or-suspected-coronavirus-disease-covid-19/#sick.

For more information

- If You Have Been Exposed https://www.vdh.virginia.gov/coronavirus/protect-yourself/exposure/

- If You Are Sick https://www.vdh.virginia.gov/coronavirus/protect-yourself/what-to-do-if-you-have-confirmed-or-suspected-coronavirus-disease-covid-19/

- Find a free COVID-19 vaccine at vaccinate.virginia.gov [Español] or call 877-VAX-IN-VA (877-829-4682)

Updated 1/19/2022

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