Kathy Ruggiero

From: Centers for Disease Control and Prevention <no-reply@emailupdates.cdc.gov>
Sent: Monday, August 15, 2022 5:39 PM
To: Kathy Ruggiero
Subject: What to Do If You Were Exposed to COVID-19

CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

CORONAVIRUS DISEASE 2019
(COVID-19)

CDC.gov/COVID-19

August 15, 2022

This message includes updates on the COVID-19 response from CDC. The COVID-19 Outbreak is a rapidly evolving situation and information will be updated as it becomes available.

What to Do If You Were Exposed to 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, there are steps that you should take, regardless of your vaccination status or if you have had a previous infection.

Steps include:

- Watch for symptoms for 10 days
- Wear a mask around others indoors for 10 days
- Test 5 days after exposure, or sooner if you have symptoms
- If you test positive, follow isolation guidance
- Take extra precautions for 10 days when around people more likely to get very sick

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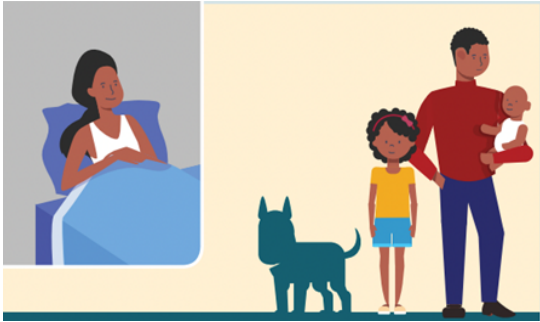
Isolation and Precautions for People with COVID-19

If you have COVID-19, you can spread the virus to others. Regardless of vaccination status, you should isolate from others. You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have test results.

If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days.

- Wear a high-quality mask if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask.
- Do not travel.
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your symptoms. If you have an emergency warning sign (like trouble breathing), seek emergency medical care immediately.

It is important to also understand when to [end isolation](#) and when to [stop wearing a mask](#).

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COVID Data Tracker Weekly Review

CDC is committed to making sure everyone has access to COVID-19 vaccines. Learn more about vaccine equity in this week's COVID Data
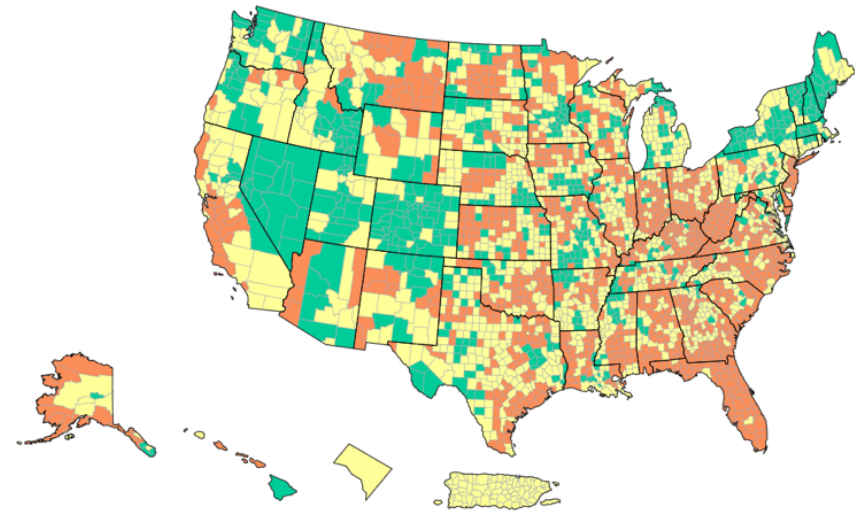
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COVID-19 Community Levels

CDC uses [COVID-19 Community Levels](#) to determine the disease's impact on counties and recommend prevention measures.

CDC also tracks cases, laboratory tests, vaccinations, deaths, and other pandemic data and provides them on our [COVID Data Tracker](#).

Community Levels