If you were identified as a close contact to COVID-19, these are the steps you should take, regardless of your vaccination status or if you have had a previous infection. A close contact is anyone who was within six (6) feet of an infected person for 15 minutes or more. Please visit CDC guidance for further details.

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 for 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.
  - Do not go places where you are unable to wear a mask, including travel and public transportation settings.
  - Take extra precautions if you will be around people who are more likely to get very sick from COVID-19.
- Watch for symptoms, which might include fever (100.4°F or greater), cough, or shortness of breath.
  - If you develop symptoms, isolate immediately, get tested, and stay home until you know the result.
  - If your test is positive, follow the isolation recommendations.

Get Tested on Day 6 (Even if You Don’t Develop Symptoms)

- 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.

For more information, please refer to the Department’s Info Hub.
If you have COVID-19, you can spread the virus to others. There are precautions you can take to prevent spreading it to others: isolation, masking, and avoiding contact with people who are at high risk of getting very sick. **Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19.**

### WHEN TO ISOLATE
Regardless of vaccination status, you should isolate from others when you have COVID-19. 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 negative:** You can end your isolation.
- **If you test positive:** Follow the full isolation recommendations below.

### Counting Isolation in Days

<table>
<thead>
<tr>
<th>If you have no symptoms:</th>
<th>If you have symptoms:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 0 is the day you are tested</strong> (not the day you receive your positive test result).</td>
<td><strong>Day 0 of isolation is the day of symptom onset</strong>, regardless of when you test positive.</td>
</tr>
<tr>
<td><strong>Day 1 is the first full day</strong> following the day you were tested.</td>
<td><strong>Day 1 is the first full day</strong> after the day your symptoms start.</td>
</tr>
<tr>
<td>If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset.</td>
<td></td>
</tr>
</tbody>
</table>

### Isolation

If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. Wear a high-quality mask if you must be around others at home and in public. Learn more about what to do if you have COVID-19.

If you have no symptoms, you may end isolation after day 5.

If you have symptoms, you may end isolation after day 5 if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

### Ending Isolation

Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 until at least day 11. Remember to wear a high-quality mask when indoors around others at home and in public.

### Removing Your Mask

After you have ended isolation, when you are feeling better, wear your mask through day 10. If you have two sequential negative antigen tests taken 48 hours apart, you may remove your mask sooner than day 10.

For more information, please refer to the [Department’s Info Hub](#).