WHAT TO DO IF YOU'VE BEEN
exposed to COVID-19

Greater Louisville MEDICAL SOCIETY

YOU'VE BEEN EXPOSED TO COVID-19:
Exposure means that you were within 6 feet for more than 15 of someone who was contagious* and tested positive for COVID-19 (with or without wearing a mask).

YOU HAVE SYMPTOMS**
Get tested. While waiting for your results, stay home and self-quarantine away from others.

YOU GOT TESTED

YOU DO NOT HAVE SYMPTOMS
Consider getting tested. Quarantine for 6 to 8 days before being tested to avoid a possible false negative result.

YOU GOT TESTED

YOU TESTED POSITIVE
Isolate and stay home for at least 10 days since symptoms started or from the date of the test. Self-monitor for symptoms and avoid contact with others at all times. Note: anyone who lives with you should also quarantine for 14 days since their last contact with you.

YOU TESTED NEGATIVE
Isolate and stay home for at least 14 days since you were exposed to COVID-19. If necessary to leave the home, wear a mask and maintain 6 feet social distancing.

YOU DID NOT GET TESTED
Quarantine and stay home for 14 days after last exposure to COVID-19. If necessary to leave your home, wear a mask and maintain 6 feet social distancing. Self-monitor for symptoms.
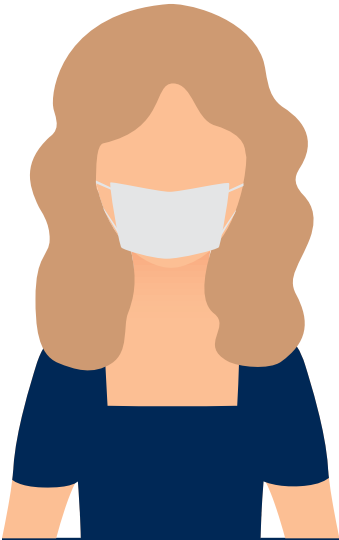
YOU GET SYMPTOMS
While waiting for your results, stay home and self-isolate away from others.

Note: If you were in contact with someone who tested positive and you get symptoms, you are now considered a case, even if you don't get tested.

YOU DO NOT GET SYMPTOMS
Self-isolate until at least 14 days after last exposure to COVID-19.

SEEK EMERGENCY MEDICAL ATTENTION IF YOU SHOW ANY OF THESE SIGNS:
- » Trouble breathing
- » Persistent pain or pressure in the chest
- » New confusion
- » Inability to wake or stay awake
- » Bluish lips or face

This document provides general guidance about COVID-19 and does not substitute for advice from your physician. Consult your physician for specific medical advice.

*People are considered contagious 2 days before they begin showing symptoms until at least 10 days after they have symptoms.

**Symptoms include but are not limited to fever, chills, cough, shortness of breath, difficulty breathing, body aches, loss of taste or smell, sore throat, diarrhea, nausea, vomiting, and runny nose/congestion.