What to do if you have been exposed to COVID-19

Updated as of Aug. 11, 2022

For additional information or questions, call 814-451-6700 option 2

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 you should take, regardless of your vaccination status or if you have had a previous infection.

After being exposed you must wear a mask for 10 full days after your last exposure to someone with COVID-19.

Take Precautions
Wear a high-quality mask or 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

Watch for Symptoms
- Fever
- 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 is positive follow the instructions for isolation)

Get tested at least 5 full days after your last exposure. Test even if you don’t have symptoms.
- If you test negative continue taking precautions through Day 10 – continue wearing a high-quality mask when around others at home and indoor public spaces. You can still develop COVID-19 up to 10 days after you have been exposed.
- If you test positive, isolate immediately