

What to Do If You Are Exposed to COVID-19 and DO NOT Have Symptoms

KNOWN EXPOSURE

If you have been exposed to someone with COVID-19 and you **DO NOT** have any symptoms, you should take the following steps. These steps should be taken whether or not you have been vaccinated and boosted:

- **Test:** 3–5 days following your last exposure date.
- **If you test negative before Day 3:** test again at least one day later, during the 3–5 days after your last exposure.
- **Test positive:** Follow guidelines for isolation and re-test periods.

Day 0 is the day you were LAST exposed to the person with COVID-19. Start count from Day 1 (the day AFTER your last exposure) and test during Days 3-5.

PREVIOUSLY POSITIVE

- If you had COVID-19 in the last 30 days, you do not need to test unless you develop symptoms.
- If it has been more than 30 days since your last infection, follow the testing recommendations above.
- If you had COVID-19 in the last 90 days, you should use an antigen (at-home) test since PCR test results might show as positive due to your earlier infection.

MASKING REQUIREMENTS

No requirements however, CDPH recommends:

- **For 10 days after exposure:** Wear a well-fitting mask indoors around others (even at home), especially around people who are more likely to get very sick from COVID-19
- Choose a higher quality mask with a good fit (no gaps).

MOVING FORWARD

- **Monitor for symptoms:** Watch for COVID-19 symptoms for 10 days after you were exposed. If you start to feel sick, test immediately and stay home.
- **Vaccinate and boost:** You should also consider getting vaccinated or boosted if you have not done so yet. Although it will not prevent infection from your recent exposure, getting vaccinated or boosted is the best way to protect yourself from getting very sick from a future COVID-19 exposure.

Your employer, school, or local health department may have different recommendations or requirements, especially if you live or work in a healthcare setting.