

# What to do if you were exposed to COVID-19?

If you had close contact with a person with COVID-19,

## Close contact includes:

- Being within 6 feet of someone who has COVID-19 for more than 15 minutes
- Providing care at home to someone sick with COVID-19
- Having direct physical contact with someone with COVID-19 (touching, hugging, or kissing)
- Sharing eating or drinking utensils with someone who has COVID-19
- Being sneezed or coughed on by someone who has COVID-19



## Close contact does not include:

- Being indoors, such as in a classroom or hospital waiting room with a person with COVID-19 and remaining more than 6 feet away does not generally put you at a higher risk of being exposed.
- Briefly walking by or being briefly in the same room as a person with COVID-19 does not generally put you at a higher risk of being exposed.



The Virginia Department of Health (VDH) recommends that you:

**Stay home (self-quarantine)  
for 14 days after your last contact with a person who has COVID-19.**



**Monitor your health  
and be aware of the symptoms of COVID-19 including:**



**IF YOU HAVE MORE QUESTIONS ABOUT COVID-19  
CONTACT 877-ASK-VDH3 (877-275-8343)  
[WWW.VDH.VIRGINIA.GOV/CORONAVIRUS](http://WWW.VDH.VIRGINIA.GOV/CORONAVIRUS)**

**IF YOU ARE HAVING A MEDICAL EMERGENCY, CALL 911**

# What to do if you were exposed to COVID-19

## Answer the call

- Your [local health department](#) will reach out to you with more recommendations if you are identified as a close contact during contact tracing.



## Get tested

- Contact your local healthcare provider to ask about getting tested because of your exposure. There are many [testing sites](#) available in Virginia where you can get tested. Schedule an appointment online or call ahead and wear a cloth face covering when you leave your home.
- Even if you test negative during your self-quarantine period, you will still need to complete your full 14-day quarantine before it is safe to go back to work or be around others.



## Stay home and away from others (self-quarantine)

- Avoid contact with others, especially people who are at [higher risk](#) for getting very sick from COVID-19.
- Do not go to work or school. If you are a [healthcare worker](#) or [critical infrastructure worker](#), talk to your employer or the health department for instructions specific to your job.
- Do not take public transportation, taxis, or ride-shares, if possible.
- Your [local health department](#) can assist you with making sure your basic needs (e.g., food or medication) are being met.
- If you must go out or be around others, keep at least 6 feet between yourself and others and wear a cloth face covering.



## Monitor your health

- Take your temperature with a thermometer two times a day (once in the morning and once at night) and watch for fever.
- Watch for other signs and symptoms of COVID-19 such as cough, shortness of breath, chills, muscle pain, sore throat, or new loss of taste or smell.
- You can download [VDH's Daily Symptom Monitoring Log](#) to help keep track of your symptoms.



## How long do you need to stay home?

- You need to self-quarantine and stay home for 14 days since your last close contact with someone with COVID-19.
- If you live with someone with COVID-19 and continue to have close contact in the household, you will need to self-quarantine for 14 days after that person is no longer contagious.
  - Someone with COVID-19 is considered [no longer contagious](#) after 10 days have passed since they first had symptoms (or 10 days since their first positive test if they never had symptoms) **and** they have not had a fever for 24 hours without using fever-reducing medication **and** their symptoms have improved.



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