



WHAT YOU SHOULD KNOW ABOUT COVID-19 EXPOSURE

Incubation period – The incubation period of COVID-19 is 2 to 14 days. Most people who develop symptoms do so within 3 to 4 days after being exposed to the virus. If you are exposed to COVID-19 and you develop symptoms, you should get tested soon after you develop symptoms. If you are exposed, and you don't develop symptoms, you should wait until 5 days post-exposure to get tested to receive the most accurate result as a potential asymptomatic carrier.

Infected Person – An individual who has tested positive for COVID-19, with or without symptoms, is most likely infectious. According to medical guidelines, a person is infectious 48 hours prior to the onset of symptoms.

Close Contact – You are a close contact if you're within 6 feet of an infected person for at least 15 minutes, starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated. Examples are listed below:

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with the person (touched, hugged, or kissed them).
- You shared eating or drinking utensils.
- They sneezed, coughed, or somehow got respiratory droplets on you.

What to do - If you are a close contact, you should self-quarantine for 14 days from your last contact to the case even if you do not develop symptoms. You are not considered in the clear until you wait until 14 days post exposure to the virus.

- Stay home for 14 days after your last contact with a person who has COVID-19.
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away from others, especially older or more vulnerable individuals who are at higher risk for getting very sick from COVID-19.

The calendar below provides an example of the recommended self-quarantine period following exposure to the virus:

