



If you have been exposed to someone with COVID-19,
follow the steps below to monitor your health and avoid spreading the disease to others:

How do I know if I was exposed?

You generally need to be in close contact with a sick person to get infected. Close contact includes:

- Living in the same household as a sick person with COVID-19
- Caring for a sick person with COVID-19
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.)
- Being in close contact with someone who is a case. Close contact is defined as being within 6 feet for a total of at least 15 minutes within 24 hours (either consecutive or cumulative). However, this depends on the exposure level and setting. The final decision on what constitutes close contact is made at the discretion of public health.
- Anyone within 6 feet of an individual with confirmed COVID-19 for 15 minutes or more is required to self-quarantine, regardless of whether or not masks were worn at the time of the exposure.

Communicate with Public Health

- You may receive a call from public health if you have been in close contact with someone with COVID-19. They will explain quarantine guidance and answer any questions you have. If you have any additional questions, contact your local health department.

Quarantine Yourself

- Do not go to work or school, and avoid public places. If possible, get others such as friends or family, to drop off food or other necessities.
- TDH recommends you quarantine through 14 days after your exposure (resuming normal activities on Day 15). There are two alternative, but less effective, quarantine release options proposed by CDC:
 - 10 Day Quarantine: If you do not develop symptoms consistent with COVID-19 or have an additional exposure, you may resume normal activities after Day 10.
 - 7 Day Quarantine: If you do not have symptoms and if you test negative by PCR or antigen test after Day 5 you may resume normal activities after Day 7. You are responsible for securing verification of your negative test results if using this quarantine release option.
- You should continue to monitor yourself for COVID symptoms through Day 14.
 - Watch for **fever, cough and shortness of breath** during the 14 days after the last day you were in close contact with the person with COVID-19. **If you develop these symptoms within 14 days of last contact with a person with COVID-19**, you may have COVID-19.
 - If your symptoms are mild, stay home and monitor your health. If you need medical assessment, call the health clinic or hospital before you arrive and tell the provider that you are a contact to a person who was diagnosed with COVID-19.
- Mask wearing is especially important through Day 14, and should also continue beyond your quarantine period.

Practice Healthy Habits

- Follow all the appropriate social distancing recommendations.
- Wear a cloth face covering in public settings where other distancing measures are difficult to maintain.
- Cover your cough or sneeze into your elbow or a tissue.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Clean and disinfect objects and surfaces regularly, including your phone.

Exceptions

- If you are a [critical infrastructure employee](#), you may be permitted to continue to work following potential exposure, provided that you are asymptomatic and adhere to [specific practices](#) to actively assess your health each day and protect others.
- Anyone who has had close contact with someone with COVID-19 and who meets the following criteria does NOT need to quarantine.
 - Has COVID-19 illness within the previous 3 months and
 - Has recovered and
 - Remains without COVID-19 symptoms (for example, cough, shortness of breath)