



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 is defined as being within 6 feet for a total of at least 15 minutes within 24 hours (either consecutive or cumulative), regardless of whether masks were worn. However, this depends on the exposure level and setting. 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.)
- Exposure includes close contact with a case two days prior to case's symptom onset (or specimen collection date if case never experiences symptoms) through the end of the case's isolation period.

What do I do if I was exposed?

- Refer to *Guidance for People Exposed to COVID-19*:
<https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/isolation-quarantine-release.pdf>
- **Wear a mask.** Contacts should continue wearing a mask for a full 10 days after their last exposure to someone with COVID-19.
- **Monitor yourself** for COVID-19 symptoms. Watch for **fever, cough, sore throat, congestion, and shortness of breath** during the 10 days after the last day you were in close contact with the person with COVID-19.
 - **If you develop symptoms, stay home,** get tested and avoid contact with other people. 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.
 - It is important to seek **emergency medical attention** if you experience severe symptoms including but not limited to trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or pale/gray/blue-colored skin, lips, or nail beds, depending on skin tone.
- **Get tested.** CDC recommends all close contacts get tested 5 days (or more) after your last exposure to a case even if you do not have symptoms or have been vaccinated.
- Regardless of whether you are vaccinated for COVID-19 or had a previous COVID-19 infection, you do not need to quarantine at home unless required by your workplace or school.
- Some workplaces may have more restrictive return-to-work policies than those listed here. Check your workplace's policy before you return to work to ensure you are following all relevant policies.

Practice Healthy Habits

- Wear a mask in public settings.
- Cover your cough or sneeze into your elbow or a tissue.
- Wash your hands often with soap and water for at least 20 seconds.
- Clean and disinfect objects and surfaces regularly, including your phone.

If symptoms develop, all people – regardless of vaccination status – should isolate and get tested for COVID-19.

Questions? Call the TDH Case & Community Support Team at (615) 770-6940