



I was exposed to COVID-19. Now what?

This timeline is for everyone, even if you are vaccinated.

Day 0



The Day You
Were Exposed

Wear a
respirator
(like an N95)
for **10 days.**

Day 6



Take a COVID Test
at Home

If you test negative
and you don't have
symptoms, test again
48 hours later.

Continue to wear
a respirator.

If you test positive,
isolate immediately!
You have COVID.

Day 8



Take a COVID Test
at Home

If you test negative
and you don't have
symptoms, test again
48 hours later.

Continue to wear
a respirator.

If you test positive,
isolate immediately!
You have COVID.

Day 10



Take a COVID Test
at Home

If you test negative
and you don't have
symptoms, you don't
need to test again.

If you test positive,
isolate immediately!
You have COVID.