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.

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For more information, please visit cdc.gov & fda.gov