

What to Do If You Are Exposed to COVID-19

You may have been exposed to the COVID-19 virus if you were in the same indoor space for 15 minutes (or more) with someone with COVID-19.

Protect yourself and those around you

What to do right now:

- Test even if you do not have symptoms.
 - » You may test right away to see if you are already infected, but also test 3-5 days after* you were around the person who tested positive.
 - » If you already had COVID-19 during the past 90 days, you do not need to test unless you start to feel sick.
- Wear a well-fitting mask for 10 days when around other people, even in your own home.
 - » Choose a good mask (N95, KN95, or KF94 are best). See [How to Get the Most Out of Masking](#) and [Masking Tips for Children](#).
 - » Be careful when you are indoors and around people who may be more likely to get very sick if they get COVID-19, like an older adult or someone who is at [high risk](#).
- Check yourself for [symptoms](#) for 10 days.

How to protect yourself in the future:

- [Make an appointment](#) to get vaccinated or boosted.

If you get [symptoms of COVID-19 at any time](#):

- [Isolate](#) and stay away from others to keep them from getting sick.
- Test right away.
 - » If you use an antigen test (like an at-home test) and you test **negative**, continue isolating if you have symptoms, and test again in 1-2 days.* Antigen tests can take a few days to turn positive.

If you test positive for COVID-19 at any time:

- Early [treatment](#) can help protect you from getting really sick and from having to go to the hospital.
- [People at high risk](#) for getting sicker with COVID-19 should get treatment as soon as possible after a positive test. Call a medical provider, or go to a [Test to Treat](#) site to get care.
- Isolate and stay away from others so you do not get them sick.
- Continue to wear a well-fitting mask around others for 10 days.*

*Day 0 is the first day of symptoms, a positive test, or when you were exposed. Day 1 is the day after. For full guidance on isolation and quarantine, visit [CDPH.ca.gov](https://www.cdph.ca.gov).

COVID-19 can feel like a cold, allergies, or the flu:

- Fever or chills
- Cough
- Shortness of breath
- Difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste
- New loss of smell
- Sore throat
- Congestion
- Runny nose
- Nausea
- Vomiting
- Diarrhea



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