If you have been within 6 feet of someone with COVID-19 for a total of 15 minutes or more on any day that they may have been infectious, you should monitor and mask for at least 10 days, and test if possible.

Day zero '0' is the day you were exposed.

If your test is positive:
Start isolation guidance* (Stay home for at least 5 days, wear a mask and tell your close contacts to monitor, mask and test).

If your test is negative:
Resume normal activities and continue to wear a mask around others until day 10.

Day 10
Last day of masking around others.

Isolation guidance and more resources at: www.netracing.org

*see "Isolation Guidance"

Fever or chills
Cough
Shortness of breath or trouble breathing
Tiredness
Muscle or body aches
Headache
New loss of taste or smell
Sore throat
Congestion or runny nose
Nausea or vomiting
Diarrhea

You are up-to-date if you have been boosted or you have completed the primary series (both doses) of the Moderna or Pfizer vaccine within the last 5 months or you have completed the primary series (single dose) of the J&J vaccine within the last 2 months.

Learn more at Coronavirus Disease (COVID-19) | CDC

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