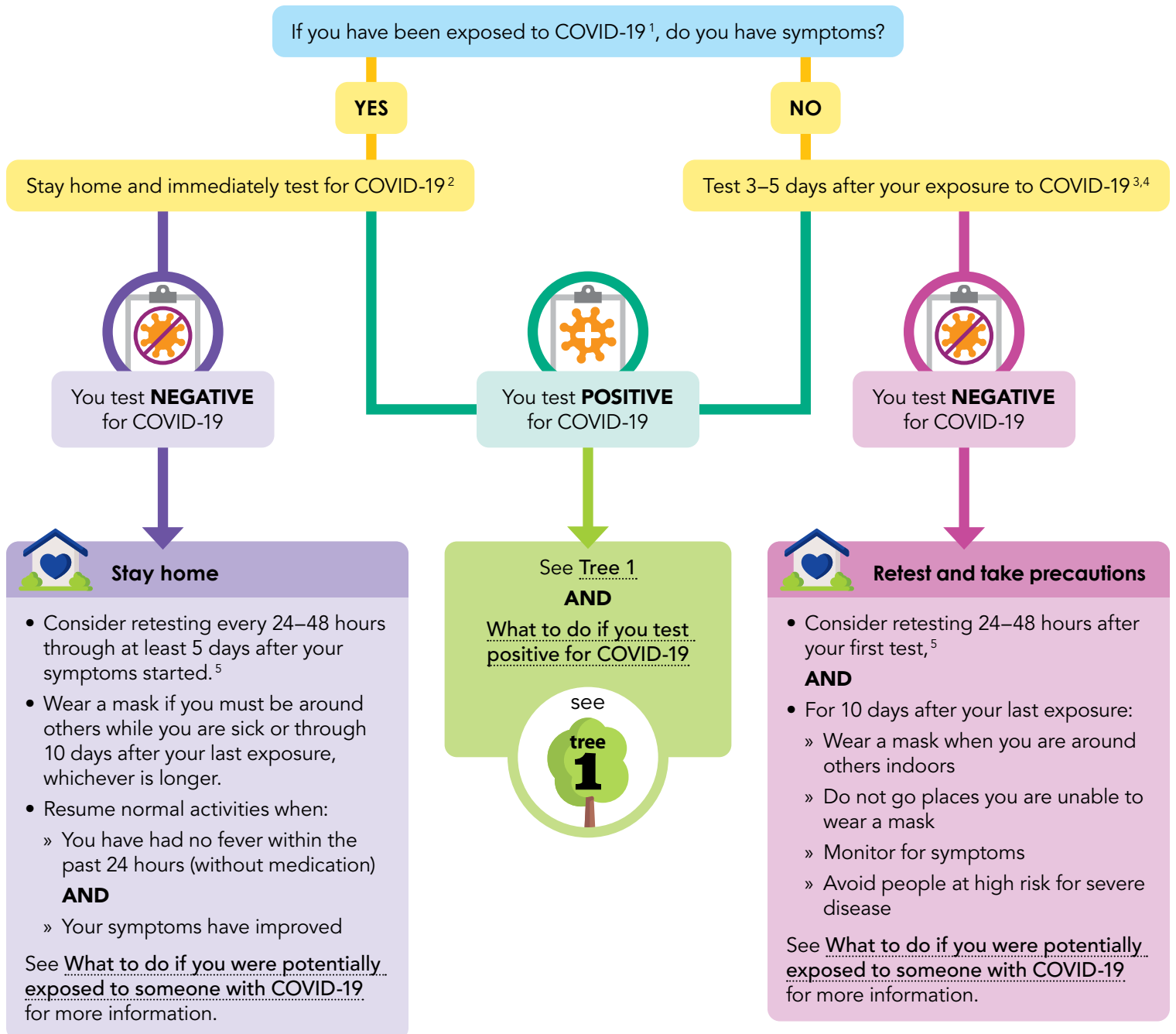# What to do if you have been exposed to COVID-19

tree **2**

This decision tree is for the general public and non-health care settings, such as schools and child cares.

If you have been exposed to COVID-19 [1], do you have symptoms?

YES

NO

Stay home and immediately test for COVID-19 [2]

Test 3–5 days after your exposure to COVID-19 [3,4]

You test **NEGATIVE** for COVID-19

You test **POSITIVE** for COVID-19

You test **NEGATIVE** for COVID-19

Stay home

- Consider retesting every 24–48 hours through at least 5 days after your symptoms started. [5]
- Wear a mask if you must be around others while you are sick or through 10 days after your last exposure, whichever is longer.
- Resume normal activities when:
  » You have had no fever within the past 24 hours (without medication) **AND**
  » Your symptoms have improved

See What to do if you were potentially exposed to someone with COVID-19 for more information.

See Tree 1
AND
What to do if you test positive for COVID-19

see tree **1**

Retest and take precautions

- Consider retesting 24–48 hours after your first test, [5] **AND**
- For 10 days after your last exposure:
  » Wear a mask when you are around others indoors
  » Do not go places you are unable to wear a mask
  » Monitor for symptoms
  » Avoid people at high risk for severe disease

See What to do if you were potentially exposed to someone with COVID-19 for more information.

Washington State Department of HEALTH

DOH 420-456 February 6, 2023

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.

[1] Exposed to COVID-19: someone who was within 6 feet of a COVID-19 case for more than 15 minutes within a 24-hour period during the case's contagious period. The definition of a close contact may vary in some situations.

[2] If you tested positive in the past 90 days and have symptoms of COVID-19, use an antigen test (not a PCR test).

[3] If you have tested positive in the past 30 days and recovered and do not have symptoms, testing again for COVID-19 is not recommended. You should, however, wear a well-fitting and high-quality mask around others, not go places you cannot wear a mask, monitor for symptoms, and avoid people at high risk for severe disease for 10 days after your last exposure.

[4] If you tested positive in the past 30–90 days, use an antigen test (not a PCR test).

[5] See Self-Testing Guidance for the Public for additional information about using repeat testing if you test negative. If you tested negative with a molecular laboratory test (e.g., PCR), you do not need to repeat testing.