

# 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 30 days, you do not need to test unless you start to feel sick. If it has been more than 30 days since your last infection, follow testing recommendations above.
- 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](#).
  - » Mask carefully 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 test **negative** using an antigen test (in most at-home test kits), continue isolating if you have symptoms, and test again in 1-2 days. Antigen tests can take a few days to turn positive, so consider retesting every 1-2 days for several days until testing positive or feeling better.

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

- Call a healthcare provider right away about [treatment](#). COVID-19 treatments are safe, free, and highly effective at preventing serious illness, hospitalization, and death, and they need to be taken within 5-7 days of the start of symptoms.
- Call your doctor, go to a [Test to Treat](#) site, or make an appointment through California's free telehealth provider by calling 833-686-5051 or visiting [sesamecare.com/covidca](#) to get care.
- Isolate and stay away from others so you do not get them sick. For more on what to do, see [What to Do If You Test Positive](#).
- Continue to wear a mask around others for 10 days.\*

\*Day 0 is the first day of symptoms, a positive test (if you have no symptoms), or when you were exposed. Day 1 is the day after. For full guidance on isolation and quarantine, visit [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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