

If you had **close contact** with a person with COVID-19, VDH recommends that you stay home, monitor for symptoms, and follow all recommendations (e.g., wear a mask, watch your distance, and wash hands often) for **14 days after your last exposure**. If you are not able to stay home for 14 days after your last exposure and you do not have symptoms, you may leave home earlier: 1) after 10 days without testing, or 2) after 7 days with a negative PCR or antigen test performed on or after Day 5. If you are a [healthcare worker](#) or [critical infrastructure worker](#), talk to your employer or the health department for instructions specific to your job.

Close contact includes:

- Being within 6 feet of someone who has COVID-19 for a total of 15 minutes or more over a 24-hour period.
- Providing care at home to someone sick with COVID-19.
- Having direct physical contact with someone with COVID-19 (touching, hugging, or kissing).
- Sharing eating or drinking utensils with someone who has COVID-19.
- Being sneezed or coughed on by someone who has COVID-19.



Close contact does not include:

- Briefly walking by or being briefly in the same room as a person with COVID-19. This does not generally put you at a higher risk of being exposed.



Stay home and monitor your health



Monitor your health and be aware of the symptoms of COVID-19 including:



IF YOU HAVE MORE QUESTIONS ABOUT COVID-19
CONTACT 877-ASK-VDH3 (877-275-8343)
OR VISIT WWW.VDH.VIRGINIA.GOV/CORONAVIRUS
IF YOU ARE HAVING A MEDICAL EMERGENCY CALL 911

What to do if you were exposed to COVID-19

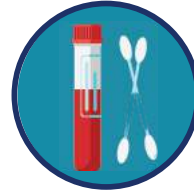
Answer the call

- Your [local health department](#) may reach out to you with more recommendations if you are identified as a close contact during contact tracing. If the number of COVID-19 cases is high in your area, the health department may not be able to call you, but you should still quarantine (stay home).



Get tested

- Contact your healthcare provider to ask about getting tested because of your exposure. There are many [testing sites](#) available in Virginia where you can get tested. Schedule an appointment online or call ahead and wear a mask (also known as a cloth face covering) when you leave your home.
- Even if you test negative during your quarantine period, VDH still recommends that you complete a full 14-day quarantine before going back to work or being around others. Count your date of last exposure as Day 0. If you are not able to stay home for 14 days after your exposure and you do not have symptoms, you may leave home after Day 7 with a negative PCR or antigen test performed on or after Day 5.



Stay home and away from others (quarantine)

- Avoid contact with others, especially people who are at [higher risk](#) for getting very sick from COVID-19.
- If you must go out or be around others, keep at least 6 feet between yourself and others and wear a mask.
- Do not go to work or school.
- Do not take public transportation, taxis, or ride-shares.
- Your [local health department](#) can assist you with making sure your basic needs (e.g., food or medication) are being met.



Monitor your health for 14 days

- Take your temperature with a thermometer two times a day (once in the morning and once at night) and watch for fever.
- Watch for other signs and [symptoms of COVID-19](#) such as cough, shortness of breath, chills, muscle pain, sore throat, or new loss of taste or smell.
- You can download [VDH's Daily Symptom Monitoring Log](#) to help keep track of your symptoms.



How long do you need to stay home?

- If you are a close contact, you should quarantine (stay home), monitor for symptoms, and follow all recommendations (e.g., wear a mask, watch your distance, wash hands often) for 14 days after your last exposure. If you are not able to stay home for 14 days and you do not have symptoms, you may leave home earlier:
 - Counting your date of last exposure as Day 0, you may leave home after Day 10; or
 - After Day 7 with a negative PCR or antigen test performed on or after Day 5.
- If you live with someone with COVID-19 and continue to have close contact in the household, you should stay home while the infected person is home and for 14 days after the person is no longer contagious (10 days after symptoms started or positive test, 24 hours fever free, and symptoms have improved). If you are not able to stay home for 14 additional days and do not have symptoms, you may leave home earlier:
 - Counting your date of last exposure as Day 0, you may leave home after Day 10; or
 - After Day 7 with a negative PCR or antigen test performed on or after Day 5.



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