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**. Some people might not need to stay home after exposure (i.e., fully vaccinated or recently recovered people). 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.
- In K-12 settings, a student who was within 3 to 6 feet of an infected student is not considered a close contact as long as both students wore well-fitting masks the entire time.

**Stay home and monitor your health**

**Monitor your health and be aware of the symptoms of COVID-19 including:**
- Cough
- Fever
- Chills
- Muscle pain
- Shortness of breath or difficulty breathing
- Sore throat
- New loss of taste or smell

If you have more questions about COVID-19, contact 877-ASK-VDH3 (877-275-8343) or visit VDH.VIRGINIA.GOV/CORONAVIRUS. If you are having a medical emergency call 9-1-1.

Updated 9/7/2021
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.

Get tested

- Contact your healthcare provider to ask about getting tested because of your exposure. You can also find testing locations in Virginia at vdh.virginia.gov/coronavirus/covid-19-testing-sites/.

- Even if you have been fully vaccinated for COVID-19, you should still get tested. More information is available at vdh.virginia.gov/coronavirus/local-exposure/.

Stay home and away from others (quarantine)

- Stay at home and away from others.

- Do not go to work or school. Do not take public transportation, taxis, or ride-shares.

- If you must go out or be around others, keep at least 6 feet between yourself and others and wear a mask.

- Your local health department can help you make 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 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 stay home (quarantine), 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. There are options for shortened quarantine if you never develop symptoms.

- If you are fully vaccinated or recently recovered from COVID-19, you might not need to stay home but should continue taking precautions and monitor for symptoms for 14 days.

- For more information see vdh.virginia.gov/coronavirus/local-exposure/.

IF YOU HAVE MORE QUESTIONS ABOUT COVID-19
CONTACT 877-ASK-VDH3 (877-275-8343)
OR VISIT VDH.VIRGINIA.GOV/CORONAVIRUS
IF YOU ARE HAVING A MEDICAL EMERGENCY CALL 9-1-1