

# COVID-19: What to do if you were potentially exposed to someone with confirmed coronavirus disease 2019

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If you think you have been exposed to someone with laboratory-confirmed COVID-19, follow the steps below to monitor your health and avoid spreading the disease to others if you get sick.

## What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a respiratory disease that can spread from person to person. The most common symptoms of the disease are fever, cough, and difficulty breathing. Most people with COVID-19 will have mild disease but some people will get sicker and may need to be hospitalized.

## Who is at higher risk of severe illness?

Those at higher risk include:

- People over 60 years of age. The risk increases significantly thereafter and escalates with age, with persons over age 80 in the highest risk category.
- People, regardless of age, with underlying health conditions including cardiovascular disease, diabetes, cancer, heart disease, or chronic lung diseases like COPD, as well as those with severely weakened immune systems.

## How do I know if I was exposed?

You generally need to be in close contact with a sick person to get infected. Close contact includes:

- Living in the same household as a sick person with COVID-19,
- Caring for a sick person with COVID-19,
- Being within 6 feet of a sick person with COVID-19 for about 10 minutes, OR
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

If you have not been in close contact with a sick person with COVID-19, you are considered to be at low risk for infection. You can continue to go to work and school, but should monitor your health for 14 days and stay away from others if you get sick.

## What should I do if I am a close contact to someone with COVID-19 but am not sick?

You should monitor your health for fever, cough and difficulty breathing during the 14 days after the last day you were in close contact with the sick person with COVID-19. You should not go to work or school, and should avoid public places for 14 days.

## What should I do if I am a close contact to someone with COVID-19 and get sick?

If you get sick with fever, cough or difficulty breathing (even if your symptoms are very mild), you should stay at home and away from other people. If you have any of the following conditions that may increase your risk for a serious infection —age 60 years or over, are pregnant, or have medical conditions—contact your physician’s office and tell them that you were exposed to someone with COVID-19. They may want to monitor your health more closely or test you for COVID-19.

If you do not have a high-risk condition but want medical advice, you can call your healthcare provider and tell them that you were exposed to someone with COVID-19. Your healthcare provider can help you decide if you need to be evaluated in person. There are currently no medications to treat COVID-19. If you have a medical emergency and need to call 911, notify the dispatch personnel that you may have been exposed to COVID-19. If possible, put on a face mask before emergency medical services arrive or immediately after they arrive.