You’ve been exposed to COVID-19.

You had close contact, masked or unmasked, indoors or outdoors, with someone during their contagious period*.

Now what?

**Are you fully vaccinated* or have you had COVID in the last 3 months?**

- **No**
  - **Have you been tested with a lab (PCR)* test?**
    - **Yes**
      - **What was the test result?**
        - **Positive**
          - Stay home in isolation*. Tell people you were near during your contagious period* that you have COVID so they can get tested and stay home.
        - **Negative**
          - Once 10 days have passed and you are 24 hours after any fever (if you had one) without fever-reducing drugs, you can go back to school/work, but should still monitor for symptoms until 14 days.
    - **No**
      - **What was the test result?**
        - **Positive**
          - Report your test result to school/work and people you live with or were around recently.
        - **Negative**
          - After the 14th day, start or finish your vaccination when you can.

  - **Schedule a lab (PCR) test now. Testing is important for your community as well as yourself.**

- **Yes**
  - **Have you been tested with a lab (PCR)* test?**
    - **Yes**
      - **What was the test result?**
        - **Positive**
          - If you are fully vaccinated or recently recovered from COVID and have no symptoms, you do not need to quarantine or isolate unless you develop symptoms. Everyone else must quarantine* at home until 10 - 14 days from the time of your last exposure to the contagious person. Follow local public health guidance.
        - **Negative**
          - If you are vaccinated and have COVID recently, stay home in quarantine*, except to get tested with a lab (PCR)* test. If you are fully vaccinated or had COVID recently, you can go out but you should wear a mask in public spaces until you receive your result. Once you get a result, follow the appropriate guidance below.
    - **No**
      - **What was the test result?**
        - **Positive**
          - If you are not vaccinated but remain symptom-free for the 10 days, you may be able to go back to school/work at the end of the 10 days, but you should continue to monitor yourself for symptoms through the 14th day. You may want to get tested again within a week of your exposure.
        - **Negative**
          - After the 14th day, start or finish your vaccination when you can.

  - **Tell school/work and people you live with or were around recently that you had an exposure.**

For more guidance from CDC on quarantining and isolating, visit: michmed.org/quarantine

**Definitions (*)**

The contagious period starts 2 days before a person’s symptoms began, or 2 days before the day the person got tested, if their lab (PCR) test was positive and they have no symptoms. It lasts through the end of the 10th day after their symptoms started as long as their fever has been gone at least 24 hours without fever-reducing drugs. OR if they have no symptoms, it lasts 10 days after the day of the lab (PCR) test that came back positive.

**Quarantine** - Stay home to wait for test results and the end of a post-exposure period.

**Isolation** - Stay home and avoid others, even the people you live with. Stay in a closed room, wear a mask to use the bathroom, have people leave food, drinks, and medicine at your door, and don’t leave home except for testing/medical care.

**Lab (PCR) tests** take several days to return results, but are more accurate in the early days of infection than rapid antigen tests which take minutes. A positive result on a rapid test should always be followed up immediately with a lab (PCR) test.

"Fully vaccinated" - At least 14 days after a 1-dose vaccine or the second dose of a 2-dose vaccine.