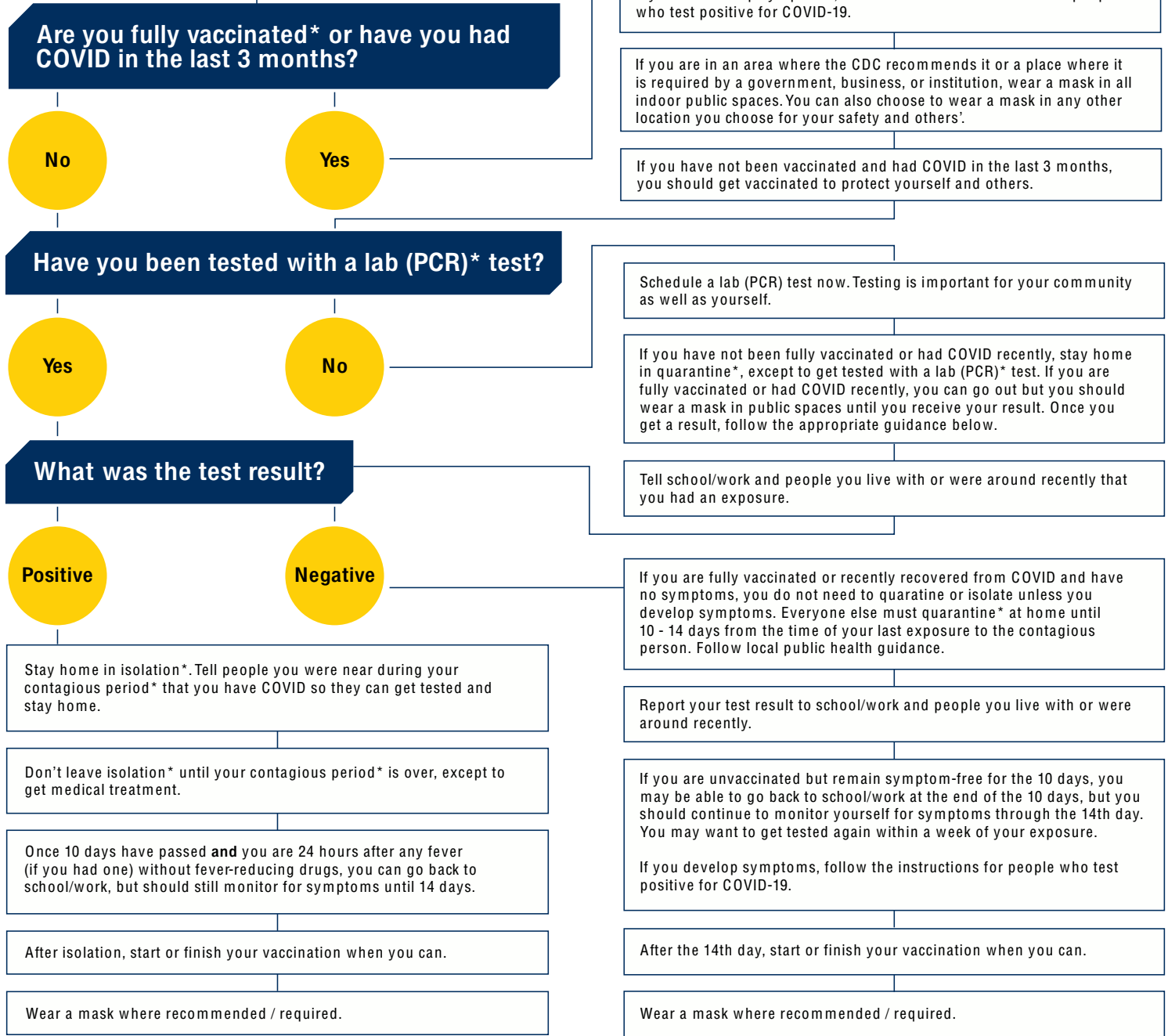# You've been exposed to COVID-19.

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**
- **Yes**

You do not have to quarantine* or isolate* after being in close contact with someone who has COVID-19, **unless** you develop symptoms.

You should get tested 3 - 5 days after your exposure, even if you don't have symptoms. Wear a mask at all indoor public locations before your test and continue doing so until you get your test results. When you get your test results, follow the appropriate advice below.

If you do develop symptoms, follow the instructions below for people who test positive for COVID-19.

If you are in an area where the CDC recommends it or a place where it is required by a government, business, or institution, wear a mask in all indoor public spaces. You can also choose to wear a mask in any other location you choose for your safety and others'.

If you have not been vaccinated and had COVID in the last 3 months, you should get vaccinated to protect yourself and others.

**Have you been tested with a lab (PCR)* test?**

- **Yes**
- **No**

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

If you have not been fully vaccinated or had 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.

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

**What was the test result?**

- **Positive**
- **Negative**

If you are fully vaccinated or recently recovered from COVID and have no symptoms, you do not need to quaratine 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.

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.

Report your test result to school/work and people you live with or were around recently.

Don't leave isolation* until your contagious period* is over, except to get medical treatment.

If you are unvaccinated 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.

If you develop symptoms, follow the instructions for people who test positive for COVID-19.

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.

After isolation, start or finish your vaccination when you can.

After the 14th day, start or finish your vaccination when you can.

Wear a mask where recommended / required.

Wear a mask where recommended / required.

**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.

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