

# WHAT TO DO IF YOU ARE EXPOSED TO SOMEONE WHO HAS COVID-19

## If you were exposed to someone with COVID-19 you should take precautions!

- Continue to stay away from the person who has COVID-19. If you can't stay away, wear a well-fitting mask when around others at home and in public.
- After the last day you are exposed to the person with COVID-19, continue to wear a well-fitting mask when around others at home and in public for 10 days.
- Monitor for COVID-19 symptoms.
- Stay away from people who have a weak immune system.
- Get tested on day 6 after exposure.

## COVID-19 Symptoms

- Fever
- Chills
- Cough
- Shortness of breath
- Fatigue
- Body aches
- Headache
- New loss of taste
- New loss of smell
- Congestion
- Runny nose
- Nausea
- Vomiting
- Diarrhea

## If you develop symptoms, you should:

- Stay home and isolate immediately
- Get tested
- If you test positive, follow the steps on the other side of this info sheet

## Example of what to do if you were exposed to COVID-19

January						
2	3	4	5	6	7	8
Exposed to someone with COVID-19 Day 0	Wear a Mask Day 1	Wear a Mask Day 2	Wear a Mask Day 3	Wear a Mask Day 4	Wear a Mask Day 5	Wear a Mask Get Tested* Day 6
9	10	11	12	13	14	15
Wear a Mask Day 7	Wear a Mask Day 8	Wear a Mask Day 9	Wear a Mask Day 10	Release from mask wearing if no symptoms		
*Test sooner if you have symptoms						

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For more information visit:  
coronavirus.ohio.gov

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>  
 cantonhealth.org

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