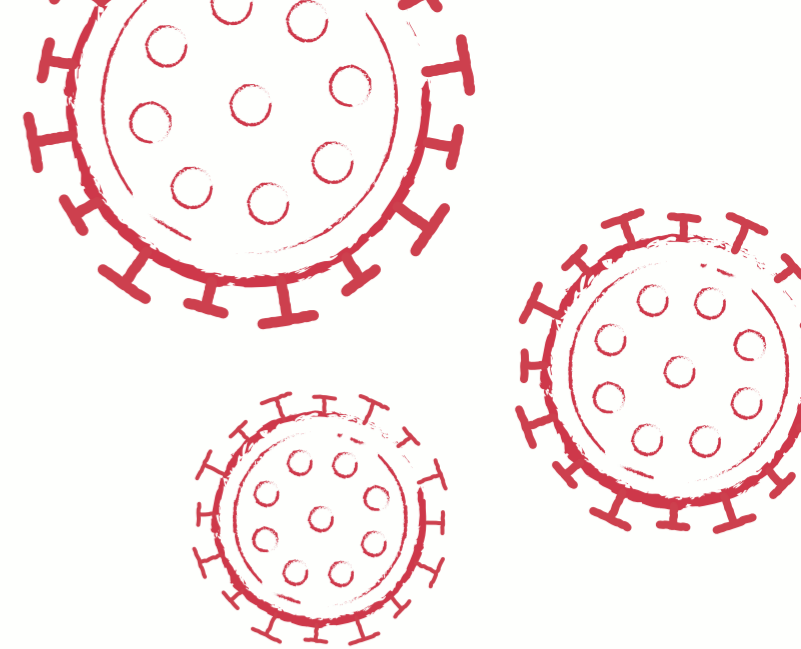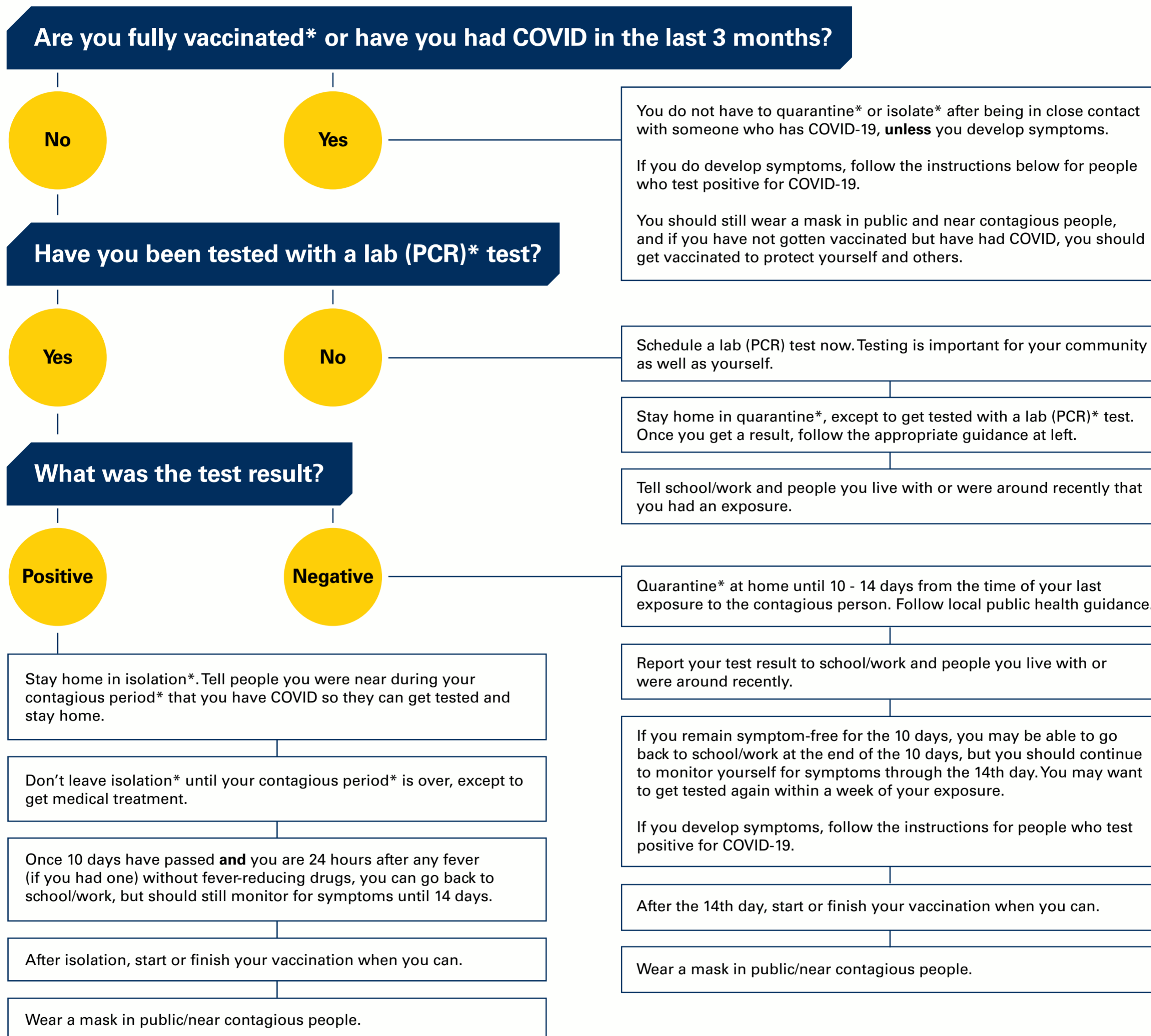# You've been exposed to COVID-19.

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.

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

You should still wear a mask in public and near contagious people, and if you have not gotten vaccinated but have had COVID, 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.

Stay home in quarantine*, except to get tested with a lab (PCR)* test. Once you get a result, follow the appropriate guidance at left.

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

What was the test result?

Positive

Negative →

Quarantine* at home until 10 - 14 days from the time of your last exposure to the contagious person. Follow local public health guidance.

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.

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

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.

Wear a mask in public/near contagious people.

Negative:

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

If you 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.

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

Wear a mask in public/near contagious people.

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.

MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN