BEEN EXPOSED TO COVID-19?

Be Informed: Know Your Next Steps

Chart provided by the Texas Medical Association COVID-19 Task Force

If you have trouble breathing or other serious symptoms, consult your physician for specific medical advice. This chart is intended for the general public, not health care workers.

COVID-19 CORONAVIRUS DISEASE

YOU'VE BEEN EXPOSED TO COVID-19

This means you were **within 6 feet** of someone who tested positive (and was **contagious***) for **more than 15 minutes with or without wearing a mask.**

YOU HAVE SYMPTOMS**

GET TESTED.
While waiting on your test results, be sure to stay home and away from others.

YOU DID NOT OR COULD NOT GET TESTED

Isolate and stay home until 10 days have passed since you first got symptoms; 24 hours have passed since you had a fever (without medication); and your symptoms have improved.

NOTE: Anyone who lives with you needs to quarantine for 14 days since their last contact with you.

YOU GOT TESTED

YOU TESTED POSITIVE

YOU TESTED NEGATIVE

Quarantine and stay home for 14 days since you were exposed to COVID-19. If you MUST go out, wear a mask and stay 6 feet away from anyone who doesn't live with you.

YOU HAVE NO SYMPTOMS

CONSIDER GETTING TESTED.
Quarantine and wait at least 6 to 8 days before you test in order to avoid a possible false negative*** result.

Keep in mind that when testing is in high demand, your results may be delayed by several days.

YOU DID NOT OR COULD NOT GET TESTED

Quarantine and stay home for 14 days since you were exposed to COVID-19. If you MUST go out, wear a mask and stay 6 feet away from anyone who doesn't live with you.

YOU GET SYMPTOMS

GET TESTED.
While waiting on your test results, be sure to stay home and away from others.

STILL NO SYMPTOMS

Complete your 14-day quarantine starting from the day you were last exposed to COVID-19.

YOU GOT TESTED

YOU TESTED NEGATIVE

Quarantine and stay home for 14 days since you were exposed to COVID-19. If you MUST go out, wear a mask and stay 6 feet away from anyone who doesn't live with you.

YOU TESTED POSITIVE

YOU DID NOT OR COULD NOT GET TESTED

Isolate and stay home until 10 days have passed since you first got symptoms; 24 hours have passed since you had a fever (without medication); and your symptoms have improved.

NOTE: Anyone who lives with you needs to quarantine for 14 days since their last contact with you.

After your quarantine or isolation is over, you can resume normal activities. *But don't forget to wear a mask!*

*People are **contagious** two days before they started having symptoms until at least 10 days after they started having symptoms. People who have no symptoms are considered contagious starting from two days before they got tested, through at least 10 days.

Symptoms may include fever or chills, cough, shortness of breath or difficulty breathing, body aches, headache, sore throat, and other symptoms.

***A **false negative** test result is when the test result is negative when you actually are infected with COVID-19. This may happen when you test too soon after your exposure, and there is not enough virus in your system to be detected. Avoid a potential false negative by waiting approximately 6-8 days from when you were first exposed before you get tested.

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