



# I was exposed to or tested positive for COVID-19. Now what?

**This timeline is for vaccinated and unvaccinated people.**



**IF YOU ARE EXPOSED**

Testing and masking is best, but not required by the CDC.



**IF YOU TEST POSITIVE OR THINK YOU HAVE COVID**

Stay at home and away from others until 24 hours after a fever has ended AND overall symptoms are improving.



**DURING THE PERIOD OF 5 DAYS AFTER YOU HAVE BEEN FEVER FREE FOR 24 HOURS AND SYMPTOMS ARE IMPROVING**

It is recommended to: Test, wear a respirator (like an N95), distance, and improve air quality and hygiene, **especially around those who are most vulnerable.**

For testing and isolation information and information for special populations, environments, or considerations, see the CDC's COVID Calculator here: [bit.ly/4diuk2I](https://bit.ly/4diuk2I) or ask your healthcare provider.

**Remember!** COVID at-home tests are more accurate if you test twice. If you are concerned, retest.