



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

This timeline is for vaccinated and unvaccinated people.



**IF YOU
WERE
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, review the CDC's [Respiratory Virus Guidance](#) or ask your healthcare provider.

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