EXPOSED TO COVID-19?

If you recently had close contact with a person who has COVID-19 (either lab-confirmed or diagnosed by a healthcare provider), **QUARANTINE** and **MONITOR YOUR HEALTH** for symptoms of COVID-19.

QUARANTINE means to stay home and separate yourself from other people and animals in your home. Do not go to work, school, or public areas. Do not take public transportation, taxis, or ride-shares, if possible. Stay away from people who are at a higher risk of getting very sick from COVID-19, if possible.

MONITOR YOUR HEALTH means to take your temperature with a thermometer two times a day, once in the morning and once at night. Watch for symptoms like cough, difficulty breathing, fatigue, headache, or sore throat. Be sure you have no contact with others (isolate) if symptoms develop.

HOW LONG TO QUARANTINE?

THOSE WHO HAD CLOSE CONTACT SHOULD QUARANTINE AND MONITOR THEIR HEALTH FOR:
- 14 days after close contact with a person who has COVID-19.
- Close contacts who cannot quarantine for the recommended 14 days after close contact and who do not have symptoms may end quarantine earlier. Counting the date of last close contact as Day 0, quarantine may end after Day 10 without testing or after Day 7 with a negative PCR or antigen test performed on or after Day 5.

THOSE WHO HAD CLOSE CONTACT THAT IS ONGOING SHOULD QUARANTINE AND MONITOR THEIR HEALTH FOR:
- the entire time the person is sick and in isolation, AND
- 14 days after the person with COVID-19 has been released from isolation

PEOPLE WHO HAVE RECOVERED FROM COVID-19 in the past 3 months or been fully vaccinated for COVID-19 are not required to quarantine after close contact as long as they have no symptoms.

It is **VERY IMPORTANT** that people who have had close contact with someone with COVID-19 monitor for symptoms and follow all recommendations (e.g., wear a mask, watch their distance, avoid crowds, and wash hands frequently) for 14 days after the last exposure, even if they leave quarantine early or are not required to quarantine.

VIRGINIA'S HEALTH IS IN OUR HANDS.
Do your part, stop the spread.

VDH VIRGINIA DEPARTMENT OF HEALTH