

# WHAT TO DO IF YOU ARE EXPOSED TO COVID-19

*Guidance for the General Public*

If you were exposed to COVID-19, here are the steps that you should take regardless of your vaccination status.

## FOR TEN DAYS, MONITOR YOURSELF FOR SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## IF YOU START TO HAVE SYMPTOMS

- **Get tested for COVID-19.**
- **If you test positive, stay home for at least five days and isolate from others. You are likely most infectious during these first five days.**
- **Wear a high-quality mask when you must be around others at home and in public.**
- **If you test positive, contact Meredith Student Health or Human Resources.**

## PROTECT OTHERS

Increase distance and wear a high-quality mask (e.g., KN95) any time you are around others inside your home or indoors in public.

**Do not go places where you are unable to wear a mask.**



## POST EXPOSURE TIMELINE

DAY 0

Day zero is the day you were exposed.

DAY 1

Wear a high-quality mask when you must be around others at home or in public for 10 days after exposure. Especially avoid being around others who have weakened immune systems.

DAY 2

DAY 3

DAY 4

DAY 5

**Get tested at least 5 full days after your last exposure.** Test even if you don't develop symptoms. A PCR test is recommended for asymptomatic individuals. Antigen (over-the-counter/rapid) tests are only recommended for individuals with symptoms.\*

DAY 6

DAY 7

DAY 8

\*A list of testing sites can be found on the *Staying Strong* page.

DAY 9

DAY 10

Last day of self-monitoring and masking.