

After Being Exposed to COVID-19

START PRECAUTIONS

Immediately

Wear a [mask](#) as soon as you find out you were exposed

Start counting from Day 1

Day 0 is the day of your last exposure to someone with COVID-19

Day 1 is the first full day after your last exposure

CONTINUE PRECAUTIONS

10 Full Days

You can still develop COVID-19 up to 10 days after you have been exposed

Take Precautions

Wear a high-quality [mask](#) or respirator (e.g., N95) any time you are around others inside your home or indoors in public¹

Do not go places where you are unable to wear a mask. For travel guidance, see CDC's [Travel](#) webpage.

Take [extra precautions](#) if you will be around people who are [more likely to get very sick from COVID-19](#).

[More about how to protect yourself and others](#)

Watch for symptoms

fever (100.4°F or greater)

cough

shortness of breath

[other COVID-19 symptoms](#)

If you develop symptoms

[isolate immediately](#)

[get tested](#)

stay home until you know the result

If your test result is positive, follow the [isolation recommendations](#).

GET TESTED

Day 6

Watch ASL Video: [What to do if you've been exposed to COVID-19](#)

¹Masks are not recommended for children under ages 2 years and younger, or for people with some disabilities. Other prevention actions (such as improving ventilation) should be used to avoid transmission during these 10 days.

Archived Content

Search for and find historical COVID-19 pages and files. Please note the content on these pages and files is no longer being updated and may be out of date.

Visit archive.cdc.gov for a historical snapshot of the COVID-19 website, capturing the end of the Federal Public Health Emergency on June 28, 2023.

Visit the [dynamic COVID-19 collection](#) to search the COVID-19 website as far back as July 30, 2021.

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