

# What To Do If...

You are exposed to someone with symptoms of or confirmed COVID-19\*

Do you have symptoms?

No

It is recommended to get a COVID-19 test within 3-5 days after exposure, regardless of vaccination status.

You can resume normal activities, continue to wear a well-fitting mask around others for 10 days and monitor for symptoms. Test on day 5.

Yes

- You need a COVID-19 test, either a rapid-antigen or PCR test, regardless of vaccination status.
- Contact your healthcare provider and ask if you are eligible for COVID-19 treatments (oral medications/monoclonal antibodies).\*\*
- Isolate from others in your home.
  - Use a separate bathroom, bedroom, utensils, and avoid common areas.

Negative

If your test result is:

Positive

Regardless of vaccination status, asymptomatic persons who are exposed to COVID-19 are not required to quarantine in non high-risk settings.\* You can resume normal activities, continue to wear a well-fitting mask around others for 10 days and monitor for symptoms. Test within 3-5 days.

Isolation can end after day 5 if fever-free for 24 hours and symptoms are not present or are resolving and a negative COVID-19 test is collected on day 5 or later. Continue to wear a well-fitting mask around others for 10 days. If unable to test, choosing not to test, or testing positive on day 5, isolation can end after day 10 if fever-free for 24 hours.

\*The Fresno County Department of Public Health follows the California Department of Public Health quarantine guidelines. For more information on the quarantine guidance, visit: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>

\*\*For more information about COVID-19 treatment options, visit: [www.fcdph.org/covid19treatments](http://www.fcdph.org/covid19treatments)



FOR INFORMATION ON COVID-19 VACCINES VISIT:  
[www.fcdph.org/covid19vax](http://www.fcdph.org/covid19vax)

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