

What to Do If You Were Exposed to COVID-19

Start Precautions

Wear a mask as soon as you find out you were exposed



PUBLIC HEALTH
SAUK COUNTY
WISCONSIN

Together we thrive

Quarantine

If you are under 2 years old or unable to wear a mask, **STAY HOME for 10 days.**

Day 0

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

Day 1

This is the first full day after your last exposure

Continue Precautions for

10 Full Days

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

Get Tested on Day 6

test at least 5 full days after your last exposure, even if you did not develop symptoms if you test

NEGATIVE

continue taking precautions through

Day 10

Wear a mask when around others at home or indoors in public

if you test

POSITIVE

ISOLATE IMMEDIATELY

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 you test POSITIVE, follow isolation recommendations**