What to Do if Exposed to COVID-19

COVID-19 Spreads Person to Person
If you’ve been in close contact (<6 feet for ≥15 total minutes over a 24-hour period) with infected persons, you are considered exposed.

Stay Home
Stay home for 14 days after exposure.

Monitor Your Symptoms
Symptoms include fever, cough, and shortness of breath. If you are experiencing symptoms, contact your health care provider. For the latest information on symptoms, visit the CDC.

Take Care of Yourself
Get rest and stay hydrated.

Avoid Physical Contact With Others
If you must be around others, keep 6 feet distance and wear a mask.

Keep Good Hygiene
Wash your hands often. Clean all surfaces. Cover your cough and sneezes. Avoid sharing personal items.

Get Tested
Contact your health care provider and county public health department for testing guidance.

SOURCE cdc.gov

For the latest information about COVID-19, please visit: stanfordhealthcare.org/covid19