

What Should You Do if You are Exposed to Someone with COVID-19?

According to the [Centers for Disease Control](#) guidance, it is necessary to have [close contact](#) with a COVID-19 positive person to become infected. Close contact means:

- Being less than 6 feet for a total of 15 minutes in the course of a day from someone with a positive test for or symptoms of COVID-19 infection;
- Being in direct contact with the bodily fluids of someone who is sick with known or possible COVID-19 infection: for example, being coughed on or sneezed on; being touched, hugged, or kissed; sharing eating or drinking utensils; or providing care at home.

Please note: People can transmit infection starting [2-3 days before symptoms](#) begin and may be most infectious in those 2-3 days before and immediately after the time symptoms begin. It can take from [3-14 days](#) to develop symptoms after being exposed to someone with COVID-19.

What you should do after close contact with a COVID-19 positive person:

- If you feel sick:
 - **Call your clinician** as soon as you notice symptoms to arrange for a test and to discuss medical care. This is especially important if you are over 60 or living with a high-risk condition like diabetes, heart disease, lung disease, or a weak immune system. Persons with these conditions are at risk for more serious illness.
 - **Self-isolate:** Stay home and away from others in your household by using a separate bedroom and bathroom if possible. Wear a mask, avoid sharing personal items, and clean hands and surfaces often.
 - **How long to isolate:** Even if you test negative for COVID-19 but have symptoms, you must stay home and away from others in your household for 10 days from the onset symptoms, including [one full day](#) with no fever and improvement in other symptoms.
- If you do not feel sick and do not have symptoms of COVID-19:
 - **Call your clinician** to arrange for a test for COVID-19.
 - **Self-quarantine:** Stay home and avoid public places **for 7 days from the time of exposure if you test negative for COVID at 7 days; 10 days** from the date of exposure without a test.
 - **Continue to monitor yourself** for fever, cough, and shortness of breath and other symptoms and continue to wear a mask when with others for 14 days following exposure. If symptoms develop, you should immediately contact your healthcare provider.

COVID-19 Prevention: the [Community Tracing Collaborative](#) and **Contact Tracing in Massachusetts**

- Contact tracing is an important way to prevent the spread of COVID-19 in your community.
- When a person tests positive for COVID-19, the MA COVID Team or a member of the local health department will call them. They will ask for the names of people who had been in close contact with them within two days of their positive test, and will arrange to get them tested. They will not share the name of the infected person with anyone.
- If you receive a phone call from a contact tracer, **please answer!** The information you share, including your name and the names of your contacts, will be strictly confidential.