Self-Observation Guide for People Exposed to COVID-19 Who Are Not Required to Quarantine

If you were in close contact* with someone with COVID-19 in the community (non-household contact), you should follow the instructions below. If you are a household close contact** to someone with COVID-19 but you are fully vaccinated, you should also follow these instructions.

Monitor for symptoms
Monitor yourself closely for potential symptoms of COVID-19 for 14 days after your exposure, including: fever, respiratory illness (cough, sore throat, runny nose, shortness of breath), whole body symptoms (fatigue, chills, muscle aches), change in taste or smell, nausea, vomiting, or diarrhea.

Get Tested and Wear a Face Mask in Indoor Public Places
If you live or sleep in a shared space with someone diagnosed with COVID-19 (household close contact) but you are fully vaccinated against COVID-19, you do not need to quarantine. You should get tested for COVID-19 with a PCR-based test 5-7 days after your exposure (even if you do not have any symptoms). You should also wear a facemask in indoor public settings for 14 days, or until you receive a negative test result.

If you had close contact exposure to someone diagnosed with COVID-19 in the community (non-household close contact), you should also consider following the above recommendations for testing and face mask use (even if you do not have any symptoms).

If you become sick
If you develop any symptoms of COVID-19, you should:
• Stay home and isolate from other people, including those you live with.
• Seek medical advice for any concerning symptoms – call ahead before you go to a healthcare provider’s office or emergency room, and tell them you were recently exposed to COVID-19.
  • Get tested for COVID-19 – you can find testing locations here.
    o If you test negative, you should still stay home until you are fever-free for at least 24 hours (off any fever-reducing medications) and other symptoms are improving.
    o If you test positive, you should follow the instructions found in the Isolation Guide.

Take care of yourself and others
Additional things you can do to keep yourself and others healthy are:
• Get fully vaccinated against COVID-19.
• Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
• Avoid touching eyes, nose and mouth with unwashed hands.
• Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
• Attempt to stay 6 feet away from others and wear a facemask when in indoor public locations to protect yourself and others from COVID-19.

*Close contact (non-household) is being within 6 feet of a person with COVID-19 for a cumulative time of 15 minutes or more within a 24 hour period.

**Household Contact: any individual who lives and sleeps in the same indoor shared space as another person diagnosed with COVID-19 (either a temporary or permanent living arrangement), leading to close contact and potential repeated exposure to the person with COVID-19. This includes situations where there may be temporary but prolonged exposure such as occurs as sleep-over events, shared camp cabins, vacation rentals, etc.