What should I do if I have been exposed to COVID-19?

Exposed to someone who is COVID +

No
Continue Social Distancing

Yes
Quarantine x 14 days. COVID Symptoms?

No
Continue to Quarantine x 14 days

Yes
Contact physician. COVID test +? 

No
Continue to Quarantine x 14 days

Yes
Strict Home Isolation. Symptoms worsening?

No
Continue Strict Home Isolation until symptoms resolve

Yes
Contact physician. Strict Home Isolation. Symptoms worsening?

No
Continue Strict Home Isolation until symptoms resolve

Yes
Contact physician. Consider Medical evacuation

Exposure refers to people who have been exposed (usually close contact for >10 minutes) to someone with COVID-19.

Quarantine is for people who are not showing symptoms of illness. It is used to keep someone who might have been exposed to COVID-19 away from others.

Isolation is used to separate sick people from healthy people. People who are in isolation should stay home and separate themselves from others by staying in a specific “sick” bedroom or space, and using a different bathroom, when possible.