### **PROTECT OUR COMMUNITY**

# What do I do if



## I was exposed to COVID-19

#### Regardless of whether I am vaccinated or have had COVID-19 within 90 days

- Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.
- If you develop symptoms, isolate immediately.
- Wear a mask if you must be around others.
- Avoid travel.

#### I am NOT up to date on vaccinations

- Quarantine for at least five days.
- Get tested. Even if you don't develop symptoms, get tested at least five days after you last had close contact



## I have tested positive for COVID-19

#### **Regardless of whether I am vaccinated** or have symptoms

- Stay home and isolate yourself for at least five days.
- Wear a mask around others at home and in public until day 10.
- Do not travel during your five-day isolation period. After you end isolation, avoid travel until a full 10 days after your first day of symptoms.
- Do not go to places where you are unable to wear a mask such as restaurants and some gyms.
- Avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings, until after at least 10 days.

with someone with COVID-19.

I am up to date on vaccinations

- No quarantine is needed unless you develop symptoms.
- Get tested. Even if you don't develop symptoms, get tested at least five days after you last had close contact with someone with COVID-19.

I have previously tested positive for COVID-19 within 90 days

- No quarantine is needed unless you develop symptoms.
- No test is needed unless you develop symptoms.

I am up to date on vaccinations

• End isolation after five full days if you are fever-free for 24 hours.

I do not have symptoms (regardless of vaccination status)

 End isolation after at least five full days after your positive test.

#### temple.edu/stayhealthy