

# Take action if you test positive



**DAY 0**

**Everyone:**  
Stay home and away from others (isolate)

**People at high risk for severe illness:**  
Talk to your doctor about treatment

**End isolation on day 6 or later** if you never had symptoms or if you are fever-free for 24 hours and other symptoms improved



**DAY 11**  
or later

**Everyone through day 10:**

- Wear a mask OR use 2 negative antigen tests to decide when to stop wearing a mask
- Avoid people at high risk of getting very sick

See CDC's isolation guidance for more info:  
[bit.ly/COVID19Isolation](https://bit.ly/COVID19Isolation)



AUGUST 11, 2022

**MMWR**

# Take action if you're exposed to COVID-19

EVERYONE:

Watch for symptoms for 10 days



Wear a mask around others indoors for 10 days

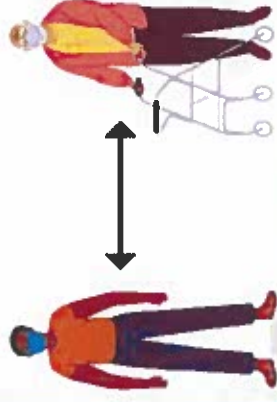


Test 5 days after exposure (or sooner if you have symptoms)



If positive, follow isolation guidance

Take extra precautions for 10 days when around people more likely to get very sick



ILL. BY: MIMMWB7133

AUGUST 11, 2022

**MMWR**