

Guidance to help you make informed decisions to prevent severe COVID-19

1

Know your risk



2

Protect yourself



3

Take action if exposed



4

Take action if you are sick or test positive



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

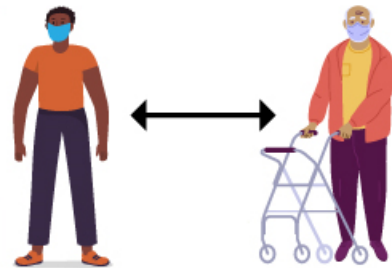


Test 5 days after exposure (or sooner if you have symptoms)



If positive, follow isolation guidance

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



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



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

DAY 11 or later

See CDC's isolation guidance for more info:

bit.ly/COVID19Isolation



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MMWR