

# TAKE ACTION IF YOU HAVE BEEN EXPOSED to COVID-19



## WHAT TO DO: MONITOR, MASK & TEST

### DAY 0

The day you were exposed.  
(You were within 6 feet of someone with COVID-19 for a total of 15 minutes or more on any day that they may have been infectious.)

For 10 days, wear a well-fitting mask when around others at home and indoors in public.

### DAY 6

Get tested

**If your test is positive:**  
Start isolation.  
Stay home, wear a mask, and tell your close contacts.

After day 6, you can use 2 consecutive negative antigen tests (48 hours apart) to decide when to stop masking.

### Find testing options :

- Order free kits online at [www.covid.gov](https://www.covid.gov).
- Visit [COVID-19 Testing \(ne.gov\)](https://www.covid.gov/testing).
- Contact your local health department.

### DAY 10

Continue to mask through day 10.

### DAY 11

If you remain without symptoms and are fever free, you can stop masking on day 11 or later.

### WATCH YOURSELF FOR SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### PROTECT OTHERS

Wear a well-fitting mask around others and monitor for symptoms

**FOR 10 DAYS**

You can still develop COVID-19 up to 10 days after you have been exposed

**If you start to have COVID-19 symptoms...**

Get a test and stay home.

\*see "Isolation Guidance"