



COVID-19 exposure

What is the difference between SARS-CoV-2 and COVID-19?

SARS-CoV-2 is the virus, and COVID-19 is the disease.

What should I do if I am showing symptoms of COVID-19, have been exposed, or have tested positive for COVID-19?

- Call your primary care physician, if you have not already done so.
- Inform your designated person at your college/school. If in Mesa, Arizona, also contact the COVID-19 Clearinghouse.
- If in a patient care setting, local health agencies may require different protocols based upon public health needs.

When may I be around others and end isolation?

I think or know I had COVID-19, and I had symptoms . . .

- After 10 days since symptoms first appeared AND
- 24 hours with no fever without the use of fever-reducing medications AND
- Other symptoms of COVID-19 are improving*

*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

I tested positive for COVID-19, but had no symptoms . . .

If you continue to have no symptoms, you may be with others after 10 days have passed following a positive viral test for COVID-19. Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will inform you when you can resume being around others based on your test results.

If you develop symptoms after testing positive, follow the guidance for “I think or know I had COVID-19, and I had symptoms” listed above.

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COVID-19 exposure, continued

I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication. . .

People severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared. Persons who are severely immunocompromised may require testing to determine when they can be around others. Talk to your healthcare provider for more information. If testing is available within your community, it may be recommended by your healthcare provider. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing.

Your doctor may work with an infectious disease expert or your local health department to determine whether testing will be necessary before you can be around others.

For anyone who has been around a person with COVID-19 . . .

Anyone who has had close contact with someone with COVID-19 should stay home for 14 days **after their last exposure** to that person.

However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does **NOT** need to stay home.

- Has COVID-19 illness within the previous 3 months, **and**
- Has recovered, **and**
- Remains without COVID-19 symptoms (for example, cough, shortness of breath)

Source: [cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprevent-getting-sick%2Fwhen-its-safe.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprevent-getting-sick%2Fwhen-its-safe.html)

What is the difference between isolate and quarantine?

Isolate is to separate sick people with a contagious disease from people who are not sick.

Quarantine separates and restricts the movement of people who are exposed to a contagious disease to see if they become sick.

CDC regularly updates the public and healthcare professionals regarding COVID-19 diagnosis, treatment, and prevention. Please visit [CDC.gov](https://www.cdc.gov) for the latest information and guidance.