What to do if you’ve been exposed to COVID-19

Exposure

15 minutes or more
AND
Less than 6 feet
AND
Exposed to COVID-19 positive person

Symptoms

NO

Quarantine at home for 14 days
Monitor for symptoms
If you develop symptoms, get tested

YES

Isolate as if positive

Multiple Cases in Workplace, School, or Other Groups

Get Tested

Positive

Isolate at home* for

At least 10 days from symptom onset AND
At least 24 hours with no fever without fever reducing medication AND
Other symptoms have improved

Negative

Monitor for symptoms
Complete 14 day quarantine

Resources

Testing Sites
https://www.saccounty.net/COVID-19/Pages/Symptom-Screening_MobileTestingSite.aspx

What if I’m sick?
https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx#What%20if%20I'm%20sick?

Workplace Outbreak Employer Guidance
https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Workplace-Outbreak-Employer-Guidance.aspx

*Sacramento County Public Health
Promote • Prevent • Protect