

COVID-19: Staying Safe After Exposure or Testing Positive



COVID-19 is a respiratory (lung) illness that is spread through coughs and sneezes. To help stop the spread of the virus to others in your home and community, follow recommendations about what to do next.

Quarantine: If you have been in **close contact** with someone who is **COVID-19 positive** (within about 6 feet or 2 arm lengths for a total of 15 minutes in a 24-hour period)

IF YOU WERE EXPOSED TO COVID-19 AND:	DO THIS:
Completed all recommended COVID-19 vaccine doses (including boosters)	Wear a well-fitting mask around others for 10 days from your last contact with a positive COVID-19 person.
Completed 2 doses of Pfizer vaccine within the last 5 months, or 2 doses of Moderna vaccine within the last 6 months or 1 dose of Johnson & Johnson within the last 2 months and have not received your booster	If you develop symptoms, isolate yourself from others and get tested. If you do not develop symptoms, get tested at least 5 days after your last contact with a COVID-19 positive person.
Received a confirmed positive COVID-19 test within the last 90 days	

IF YOU WERE EXPOSED TO COVID-19 AND:	DO THIS:
Completed 2 doses of the Pfizer vaccine over 5 months ago, or 2 doses of the Moderna vaccine over 6 months ago, or 1 dose of the Johnson & Johnson vaccine over 2 months ago and have not received your booster	Stay home and away from other people for 5 full days after your last contact with the person who has COVID-19. Wear a well-fitting mask and watch for symptoms for 10 days. If you develop symptoms, isolate yourself from others and get tested.
Have not received a COVID-19 vaccine or booster	If you do not develop symptoms, get tested at least 5 days after your last contact with a COVID-19 positive person.

Isolate: If you have **symptoms of COVID-19** or **tested positive**, regardless of vaccination status:

IF YOU:	DO THIS:
Have COVID-19 symptoms or tested positive	Stay home for 5 full days and monitor your symptoms. Wear a well-fitting mask for 10 days around others at home and in public. You can leave your house after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medicine and your symptoms have improved. Get an antigen test after 5 days. -If your test result is positive , you should continue to isolate until day 10. -If your test result is negative , and if you are fever-free for 24 hours without the use of fever-reducing medicine and your symptoms have improved, you can end isolation, but continue to wear a well-fitting mask around others at home and in public until day 10.

Monitor your symptoms

COVID-19 Symptoms*

- Cough
- Shortness of breath/ trouble breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell
- Fatigue
- Congestion or runny nose

If your symptoms get worse

Call your doctor right away

Call 911 immediately if you have any of the following emergency warning signs (and tell the operator you have or may have COVID-19):

- Trouble breathing
- Ongoing pain or pressure in the chest
- New confusion
- Trouble waking up or staying awake
- Bluish lips or face

Consider getting fully vaccinated.



The CDC recommends COVID-19 vaccinations and boosters for everyone eligible. Visit [TexasHealth.org/GetYourVaccine](https://www.texashealth.org/GetYourVaccine) for more information.

*Visit [CDC.gov](https://www.cdc.gov) for the latest update.

More Tips for Staying Safe at Home

Healing at Home

If you are the primary caregiver for someone with COVID-19, visit the CDC's website to learn [how to care for them](#). If you have COVID-19 and are also a primary caregiver (a parent with young children, for example), talk with your doctor for advice on how to best protect those in your care. Anyone in the home who is sick with COVID-19 should follow the CDC's guidance for what to do if you are sick and [when it is safe to be around others](#).



Protect Yourself and Others

If you or others have tested positive for COVID-19 or have been in close contact or are waiting on results, it is important to isolate yourself from others in your household, including pets. Here's how to care for yourself at home:



Monitor your symptoms. Call 911 if you have emergency warning signs.



Keep your distance. COVID-19 is usually spread between people who are in close contact with one another. Stay in a separate room and away from others in your home if possible. Use a separate bathroom, too, if available.



Clean your hands often. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing, or using the restroom. If soap and water are not available, use alcohol-based hand sanitizer that is at least 60% alcohol.



Wear a face mask. Wear a mask when you are around others. People who live with you should not be in the same room with you. They should wear a mask if they must enter your room.



Avoid contact with pets. There have been a small number of reports of pets testing positive for COVID-19. If possible, have someone else care for your animal(s). If you must care for a pet, avoid contact as much as possible. Do not touch, cuddle, or share food. Wash your hands before and after you interact with a pet, and wear a mask.



Cover your coughs and sneezes. Cover your mouth and nose with a tissue when you cough or sneeze. Throw away used tissues in a lined trash can.



Avoid sharing personal and household items. Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, wash them thoroughly with soap and water or in the dishwasher.



Clean "high-touch" surfaces often with an [EPA-approved disinfectant](#)*. High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also clean any surfaces that may have blood, stool, or body fluids on them.



<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation-background.html>
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf>

* Visit <https://cfpub.epa.gov/giwiz/disinfectants/index.cfm> to see if your disinfectant meets the Environmental Protection Agency's (EPA) criteria for use against SARS-CoV-2, the virus that causes COVID-19. Doctors on the medical staffs practice independently and are not employees or agents of Texas Health hospitals or Texas Health Resources.