



What do I do after a COVID-19 Exposure?

When you have been exposed to someone who tested positive for COVID-19 or is sick with COVID-19 symptoms, you are at risk for getting infected and spreading illness to others.

The following strategies help reduce the risk of COVID-19 transmission. Everyone should take these precautions after an exposure, even if they have all recommended doses of COVID-19 vaccines.*

What should I do if I have been exposed?

- Wear a mask for 10 days after your exposure anytime you are around others inside your home or indoors in public
- Watch for symptoms for 10 days
- Get tested at least 5 days after your exposure
- If you develop symptoms, isolate immediately, get tested and stay home until you know the test results
- Visit <https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>
- Email our COVID Team at COVIDinfo@arapahoegov.com or call our COVID line at 303-795-4424

Watch for symptoms

Watch for symptoms every day for 10 days after an exposure. If you develop symptoms, you might have COVID-19. Isolate yourself from others, seek medical advice, and get a COVID-19 test.

Take your temperature once a day and whenever you feel feverish to be sure you do not have a fever (greater than 100.4°F).

Symptoms of COVID-19 include a new fever, cough, sore throat, shortness of breath, congestion, change in taste or smell, tiredness, body aches, headache, vomiting, diarrhea.

What if I develop symptoms?

If you develop symptoms of COVID-19, you should get tested and follow isolation recommendations.

If you have COVID-19, you may be eligible for treatment. If you are concerned about the severity of your symptoms, or they worsen, contact your health care provider before seeking medical care in person.

For questions or for more information about COVID-19 treatments, email us at COVIDtreatment@arapahoegov.com



*Please visit www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html for information on what it means to have all recommended doses of COVID-19 vaccines.