



## What to Expect If You Were Possibly Exposed to COVID-19

If you have been exposed to someone with COVID-19,  
follow the steps below to monitor your health and avoid spreading the disease to others:

### How do I know if I was exposed?

You generally need to be in close contact with a sick person to get infected. Close contact includes:

- Living in the same household as a sick person with COVID-19
- Caring for a sick person with COVID-19
- Being within 6 feet of a sick person with COVID-19 for about 10 minutes or longer
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.)

### Communicate with Public Health

- You may receive a call from public health if you have been in close contact with someone with COVID-19. They will explain quarantine guidance and answer any questions you have.
- If you have any additional questions, contact your local health department.

### Quarantine Yourself

- You should stay home for 14 days after your last contact with the person with COVID-19. If your contact is a household member, you may need to stay home for longer.
- Do not go to work or school, and avoid public places for 14 days.
- If possible, get others such as friends or family, to drop off food or other necessities.

### Monitor Your Health

- Watch for **fever, cough and shortness of breath** during the 14 days after the last day you were in close contact with the person with COVID-19.
- **If you develop these symptoms within 14 days of last contact with a person with COVID-19**, you may have COVID-19.
- If your symptoms are mild, stay home and monitor your health. If you need medical assessment, call the health clinic or hospital before you arrive and tell the provider that you are a contact to a person who was diagnosed with COVID-19.

### Practice Healthy Habits

- Follow all the appropriate social distancing recommendations.
- Wear a cloth face covering in public settings where other distancing measures are difficult to maintain.
- Cover your cough or sneeze into your elbow or a tissue.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Clean and disinfect objects and surfaces regularly, including your phone.

### Exceptions for Critical Infrastructure Employees:

- If you are a [critical infrastructure employee](#), you may be permitted to continue to work following potential exposure, provided that you are asymptomatic and adhere to [specific practices](#) to actively assess your health each day and protect others.

### Learn More

- Guidance may change as we learn more. Please check <http://www.tn.gov/health/cedep/ncov> for the most up-to-date guidance about COVID-19.