

Since you can spread the virus to others up to 2 days before you start showing symptoms, you should take precautions after an exposure as you wait to see if an illness will develop.

People are most likely to develop COVID-19 after a “close contact” to someone who has the virus. You are considered to be a close contact if you have been within 6 feet of someone with COVID-19 for a total of 15 minutes within 24 hours, starting 2 days before that person’s symptoms started or their first positive test.

If you do not have symptoms of COVID-19, you should wait a few days after an exposure before seeking testing. If you develop symptoms, you should isolate at home and seek testing immediately. Symptoms of COVID-19 include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

Testing is available in Transylvania County from healthcare providers, urgent cares, and chain pharmacies. Locations can be found at: <https://covid19.ncdhhs.gov/about-covid-19/testing>. (Please note that Transylvania Public Health does not offer COVID-19 testing for the general public.) At-home test kits are available by mail for free from <https://www.covidtests.gov/> and for purchase in local stores.

If you have had an exposure but are not considered to be a close contact, you should monitor yourself for symptoms and seek testing immediately if symptoms develop. If you want to be tested as a precaution, you should seek testing 5 days after your last exposure to someone with COVID-19.

IF YOU HAVE BEEN AROUND SOMEONE WITH COVID-19

If you were a close contact and are NOT up-to-date on recommended COVID-19 vaccinations, you should:

- **STAY HOME FOR 5 DAYS.** Stay home and away from other people for 5 full days since your last exposure to COVID-19 (day 0). Wear a well-fitting mask around others in your home if possible. (If the close contact is a household member that you continue to have contact with, you should stay at home for 5 days after their isolation ends.)
- **GET TESTED.** Seek testing for COVID-19 at least 5 days after your last close contact or immediately if you develop symptoms of COVID-19. *If you receive positive test results or develop symptoms, you must stay home until you meet the criteria to return to work and other activities for people with COVID-19.*
- **WEAR A MASK FOR 5 MORE DAYS.** You can return to work and other activities, but you should wear a well-fitting mask around others for 5 additional days (days 6-10). Avoid places where you cannot wear a mask (such as restaurants), as well as people who are immunocompromised or at high risk for severe illness. If you are unable to wear a mask, stay home for the full 10 days.

If you were a close contact and ARE up-to-date on recommended COVID-19 vaccinations, you should:

If you have received all recommended vaccine doses, including booster shots if eligible, you do not need to quarantine after a close contact to someone with COVID-19, as long as you have no symptoms.

- **WEAR A MASK FOR 10 DAYS.** You can continue to work and participate in other activities, but should wear a well-fitting mask around others for 10 days after your last close contact to someone with COVID-19 (day 0).
- **GET TESTED.** Seek testing for COVID-19 at least 5 days after your last close contact or immediately if you develop symptoms of COVID-19. *If you receive positive test results or develop symptoms, you must stay home until you meet the criteria to return to work for people with COVID-19.*

If you were a close contact and had COVID-19 in the past 90 days, you should:

If you have had a positive viral test within the past 90 days and have recovered and remain without symptoms, you do not need to quarantine or be tested after a close contact to someone with COVID-19.

- **WEAR A MASK FOR 10 DAYS.** You can continue to work and participate in other activities, but should wear a well-fitting mask around others for 10 days after your last close contact to someone with COVID-19 (day 0).