



What to do if you have been exposed to COVID-19

Put your quarantine plan into action

Isolation keeps someone who is infected with the virus away from others, even in their home.

Quarantine keeps someone who might have been exposed to the virus away from others.

The faster you begin your quarantine period, the more likely you are to stop the spread

Quarantine reduces the spread of a virus when someone who was potentially exposed stays away from others.

- Inform your work or your child's school that you are completing a quarantine period. If you cannot work from home, ask your employer about COVID-19 sick leave.
- Stay at home for the full 14 days until your quarantine period is over (except to get tested or emergency medical care). Avoid all public places and transportation.
- Keep at least 6 feet away from other people and animals in your household.
- Avoid sharing personal household items. Wash your hands and frequently touched surfaces regularly.
- If you need non-medical help (e.g., groceries or other support), call 2-1-1 or 1-800-478-2221.

When to get tested

- Everyone who has been exposed to a positive COVID-19 case qualifies for testing.
- If you develop COVID-like symptoms during quarantine, isolate and get tested as soon as possible.
- If you do not experience symptoms, a good time to get tested is around day 7 of quarantine.
- If your test is negative, consider testing again at the end of your quarantine.

When to end quarantine

- On day 15, you may end your quarantine period. If you or a member of your household has additional close contact with a person sick with COVID during your quarantine period, you will all need to restart your 14 days.
- If you develop symptoms, you must self-isolate for an additional 10 days from the date of symptom onset (e.g., Day symptoms start is new day 0).
- If you are in need of a letter for return to work or school after your quarantine, [a letter template is available on the DHSS website.](#)



Make a Quarantine Calendar

- Mark the day you were last in contact with the COVID-19 positive person.
- Count forward 14 days. These are the dates of your quarantine.
- Quarantine is a full 14-day period starting the day after your last exposure. A NEGATIVE test result does not eliminate the need to quarantine, as some contacts develop symptoms on the final day of their quarantine period. Please refer to the calendar as an example to calculate your quarantine period.

For the next two weeks, monitor yourself for fever and other COVID-19 symptoms.

- 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
- Diarrhea

Seek immediate medical care or call 911 if you develop:

- Difficulty breathing
- Bluish, gray, or whitish lips or face
- Constant pain or pressure in the chest
- Severe, constant dizziness or lightheadedness
- Acting confused
- Difficulty waking up
- Slurred speech (new or worsening)
- Other symptoms that are concerning

Make a quarantine calendar

Put your quarantine plan into action



I was last in close contact person with a person who tested positive for COVID-19 on (date: _____) and may have been exposed.

My home quarantine and self-monitoring period will be for 14 days from that day. If I do not exhibit any symptoms of COVID-19 infection during this period, I can return to work and other activities on the 15th day, or (date: _____).

This is subject to change if I become symptomatic and test positive for COVID-19. If I have further or ongoing exposure to persons who are COVID-19 positive, during their infectious period, my home quarantine will continue for 14 days after the date I was last exposed.

Thank you. Your quarantine action stops the spread of COVID-19.

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SUN	MON	TUE	WED	THUR	FRI	SUN



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FOR MORE INFORMATION

www.coronavirus.gov and covid19.alaska.gov

Contact your local health authority or emergency operations center.

If you have been tested but do not receive results after 3 days, please contact your testing facility.