



COVID-19 Exposure

You may have been exposed to this illness on _____.

If you have new COVID-19 symptoms, you should test and mask right away.

If you do not have symptoms, and are at higher risk of severe disease and would benefit from treatment, you should test within 5 days.

If you do not have symptoms and have contact with people who are at higher risk of severe disease, you should mask indoors when around such people for 10 days. Consider testing within 5 days after the last exposure date (Day 0) and before contact with higher-risk people.

You are **NOT** required to quarantine at home at this time. Immediately notify the school if you test positive for COVID-19. School staff, please visit the [Cal/OSHA FAQs](#) for additional guidance.

COVID-19 can cause these symptoms:

- Fever
- Chills
- Cough
- Shortness of breath/ difficulty breathing
- Sore throat
- New loss of taste and/or smell
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting or nausea and/or diarrhea
- Conjunctivitis (pink eye)

Symptoms usually start 2 to 10 days after a person is exposed to the virus.

COVID-19 can cause serious illness in individuals with underlying conditions and in older adults.

What should I do now?

Monitor for symptoms of this illness. If you develop any of the symptoms above, test for COVID-19 and mask. If negative, test again 1 day later. Go to the hospital if you are having difficulty breathing or are unresponsive. Symptomatic individuals with COVID-19 may NOT return to work or school until they have completed their [isolation period](#).

For more information contact your healthcare provider or visit: <https://coronavirus.marinhhs.org>
Everyone who is eligible should receive the COVID-19 vaccine to reduce the risk of getting sick.

How is COVID-19 spread ?

COVID-19 in spread in 3 main ways:

- Breathing in air when close to an infected person.
- By droplets from talking, coughing and sneezing that land in the eyes, mouth or nose.
- Touching eyes, nose or mouth with hands that have the virus on them.

An infected person can spread COVID-19 starting from 2 days before the date of symptoms began or the positive test (if no symptoms) through Day 10.