



What to do if you were exposed to someone with COVID-19

If you were exposed to someone with COVID-19, please follow the recommendations below to monitor your health and help prevent the spread of disease to others if you become sick. You may not be contacted by public health representatives. Please follow this guidance, unless personally directed otherwise by public health representatives.

How do I know if I was exposed?

It is likely that you need to be in direct close contact with someone with COVID-19 when they have symptoms, or during the two days before they develop symptoms, 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 person with COVID-19 for 15 minutes or longer.
- Being in direct contact with respiratory droplets from a sick person with COVID-19 (e.g., being coughed or sneezed on, kissing, sharing utensils).
- You are still considered a close contact even if you were wearing a face mask, with the exception of healthcare and K-12 school settings.

What should I do if I was in close contact with someone with COVID-19?

You may not be called by a public health representative. You should quarantine for 14 days after your last exposure. Quarantine means staying at home and not having contact with others, except if you need medical care. Do not go to school or work. Avoid public spaces, public activities and group gatherings. If possible, separate from others in your home by sleeping in a separate bedroom and maintaining a 6 foot distance. If you do become ill, separating from others in your home can prevent them from being exposed. While you are in quarantine, you may spend time on your property or exercise outdoors, as long as you distance yourself from others during exercise and refrain from using public facilities such as water fountains and restrooms.

If you have been **fully vaccinated** and it has been at least 14 days since your last dose of a two-dose vaccine or 14 days since a one-dose vaccine, you do not need to quarantine. The WDH recommends that you wear a mask for 14 days following your exposure or until you've received a negative COVID-19 test result. Testing is recommended 3-5 days after exposure. You should monitor yourself for symptoms for 14 days after the exposure. If symptoms do occur, you should stay home except to seek healthcare or get tested.

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If you have tested positive for COVID-19 in the past 90 days, you do not need to quarantine after an exposure. You should monitor yourself for symptoms for 14 days after the exposure. If symptoms do occur, you should stay home except to seek healthcare or get tested.

For more information about when to start and end quarantine, please read <https://health.wyo.gov/wp-content/uploads/2020/11/When-to-start-and-end-quarantine-COVID10-11520.pdf>

You should monitor yourself for symptoms of COVID-19 for 14 days after the last day you were in close contact with the person with COVID-19. Symptoms of COVID-19 include fever (or signs of fever such as chills), cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, and diarrhea

Call your healthcare provider and let them know you have been exposed to someone with COVID-19 to get tested. The Wyoming Department of Health recommends testing of close contacts twice during the quarantine period. The ideal timing for the first test is at 5 days after the initial exposure, and if the initial test is negative, again at day 11 or 12 of the 14-day quarantine period.

CDC has published three options for reducing the quarantine period. These options are:

- Ending quarantine **after** 10 days if you have monitored yourself daily and have not had **any** symptoms. In this instance, individuals meeting these criteria could resume their usual activities beginning on day 11 after exposure.
- Ending quarantine **after** 7 days if you have monitored yourself daily and have not had **any** symptoms **AND** you had a negative PCR test collected on day 5 or later. **In no circumstances can quarantine be discontinued before 7 full days of quarantine have passed since exposure.** In this instance, individuals meeting these criteria could resume their usual activities beginning on day 8 after exposure.
- Ending quarantine if you test positive on a COVID-19 antibody test (IgG, IgM, total antibody) immediately following exposure. This option should be used for low risk situations only. You should avoid high risk situations including contact with people at high risk of developing severe illness from COVID-19 such as [older adults and people with certain underlying health conditions](#).

If you choose to use one of the options above to shorten the quarantine period, you should continue to monitor for symptoms daily for the full 14 days. WDH recommends that you continue to take measures to protect yourself and others such as avoiding crowds, social distancing, correct and consistent mask use, and hand and cough hygiene for the full 14 days.

You can find a map of testing locations at the following website:

<https://wycovid.maps.arcgis.com/apps/webappviewer/index.html?id=6745ba15b815409eb7c7d391a38418f5>

The Wyoming Department of Health offers free at-home COVID-19 testing through a company called Vault Health. These tests are available to Wyoming residents at no cost and insurance is not necessary. The sample collection process is performed under the supervision of a Vault healthcare provider through an online, video-based telehealth visit. Please visit this site to learn more about this option and to order

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