9 Things To Do If You've Been Exposed to COVID-19

Get tested. Do it right away if you have symptoms. Wait at least 5 days after you were exposed if you don't have symptoms.

Call your doctor. If your test is positive, call your doctor right away. The doctor may have you take a medicine to keep you from getting seriously ill. Treatment works best when started early. And isolate right away.

Wear a high-quality mask. For at least 10 days, wear a high-quality mask when you are around other people, even those you live with.
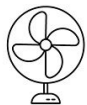
Improve airflow. If you have to spend time indoors with others, open windows and doors. Or you can use a fan to blow air away from people and out a window

Be careful around people who are at high risk for serious illness. Take extra care if you have to be around people who are at high risk of getting seriously ill from COVID-19. Keep some extra space between yourself and others, for example. And don't travel.

Cover your mouth and nose with a tissue when you cough or sneeze. Then throw it in the trash right away.

Wash your hands often, especially after you cough or sneeze. Use soap and water, and scrub for at least 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer.

Don't share personal household items. These include bedding, towels, cups and glasses, and eating utensils.

Clean and disinfect your home every day. Use household cleaners or disinfectant wipes or sprays.