What to Do When Exposed to COVID-19

**Day 0**
- Date of exposure to someone with COVID-19.

**Day 1**
- Take precautions and begin wearing a mask.

**Day 5**
- Get tested on day 6.
  - DAY 6
    - No symptoms and/or negative test
    - Continue to wear a mask and monitor for symptoms through day 10.
  - DAY 6
    - Symptomatic and/or positive test
    - Isolate immediately.
    - This is now day 0 of isolation. Refer to isolation guidance.

**Day 11**
- You may resume regular activities.

**Things to Note**
- Continue to wear a well-fitted mask or respirator when around others at home and in public through day 10.
- Continue to monitor for symptoms. If symptoms develop, get tested and follow isolation recommendations.
- Delay travel when possible until a full 10 days after the last close contact.
- Take extra precautions if you will be around people who are at high risk of severe illness through day 10.
- Do not go to places where you are unable to wear a mask, such as restaurants through day 10.
- Masks are not recommended for children under ages 2 years and younger, or for people with some disabilities.

Learn more about COVID-19 at nj.gov/health/cd/topics/ncov.shtml