

COVID-19 Exposure, Testing, and Quarantine: What Do I Need to Know?

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Was I exposed to COVID-19?

The definition of exposure varies, but use these general guidelines. Were you:

- Within six feet of someone who has tested positive for a cumulative 15 minutes in a 24 hour period?
- Living in the same house as someone with **COVID-19**?
- In direct physical contact with secretions from someone who has tested positive for **COVID-19** (for example, coughed on)?

If you answered yes to any of the above, that counts as exposure.



Was I wearing a mask?

Keep in mind that exposure and risk are also influenced by mask usage. When your mask is off, you are more vulnerable to infection in public settings.



I think I was exposed to COVID-19. When should I get a test?

The incubation period (time from exposure to when you may develop symptoms) for **COVID-19** is 2-14 days, meaning that it is possible to develop symptoms at any time within that window. However, most people tend to show symptoms between 5-7 days. To maximize the accuracy of a **COVID-19** test, you should aim to get tested within 5-7 days from exposure.



If you begin to develop extreme symptoms at any time, including extreme fever, cough, shortness of breath, or other symptoms, call your primary care physician. If you are experiencing a medical emergency, including difficulty breathing, **call 911**.



I think I was exposed to COVID-19, but I feel fine. Why should I get a test?

If you were exposed to a confirmed case of **COVID-19**, you should get tested to stop the “the silent spread.” Some individuals with **COVID-19** will not develop symptoms, but they can still spread the virus to more vulnerable friends, family members, and neighbors. Testing helps us break the chain of infection and protect one another.



It's been less than 5-7 days since I was exposed. What should I do?

If possible, you should get tested within 5-7 days from exposure to maximize test accuracy. It's important to note that while you are waiting, you should quarantine and remain separate from others as much as possible, including loved ones and even within your own home.



I'm waiting to take a COVID-19 test. How can I keep the people in my own home safe?

- If possible, remain in separate areas of the home or dwelling.
- Wash your hands often.
- Wear a mask while inside.
- If possible, remain six feet away from roommates or loved ones while dining.



I am asymptomatic and got my test back 5-7 days after my exposure and it was negative. What now?

If your test comes back negative, you may be able to end quarantine early based on CDC guidelines. Consult with your local health department or doctor to determine what is best for your specific circumstances. When it is safe for you to return to public settings, remember to wear a face mask and follow social distancing protocols.



I am asymptomatic and got my test back 5-7 days after my exposure and it was positive. What now?

If your test comes back positive, you will need to isolate from others as you recover. Remain in your home and follow the best practices above.

If you remain asymptomatic, you should isolate for 10 days after receiving your test, assuming no symptoms develop.

If you begin to develop symptoms, you should self-isolate until:

- 10 days since symptoms first began **AND**
- You have been fever free for 24 hours without use of fever-reducing medications **AND**
- Your symptoms have improved.



What's the difference between quarantine and isolation?

Isolation occurs when you test positive for **COVID-19** or have symptoms consistent with the virus. Quarantine occurs when you have been exposed to a known case of **COVID-19**, but you are asymptomatic and are separating yourself to protect others from potential “silent spread.”

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Let's be healthy together.