What should I do if...

I've been in close contact with someone...

...who has tested positive for COVID-19?

...who has been exposed and has symptoms?

...who might have been exposed...

...and IS experiencing symptoms?

...but IS NOT experiencing any symptoms (yet)?

...who has been in close contact with someone ELSE who might have been exposed?

Get tested AND self-quarantine AND self-monitor

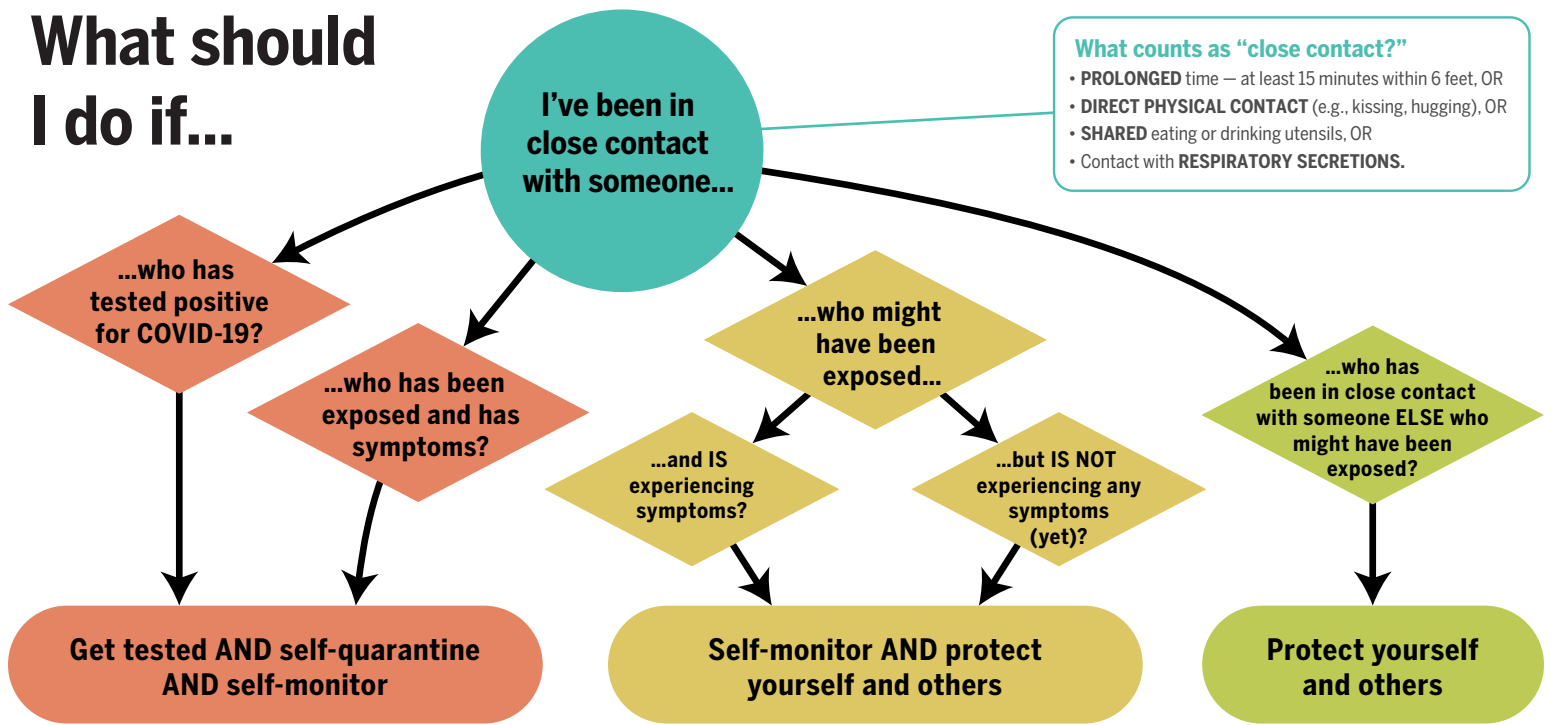**Self-monitor AND protect yourself and others**

Protect yourself and others

How do I...

...get tested?

- **TIME IT RIGHT.** Get tested 5–7 days after possible exposure or as soon as you have symptoms.
- **GET THE RIGHT TEST.** A PCR test (not a rapid antigen test) will be the most accurate.
- **UNDERSTAND YOUR RESULTS.** The test is just a snapshot in time. A negative result doesn't mean your quarantine ends early.

...self-quarantine?

- **STAY HOME for 14 days.**
- **AVOID CONTACT** with other people.
- **DON'T SHARE** household items.

...protect myself and others?

- **STAY HOME** as much as possible.
- **PHYSICALLY DISTANCE** yourself from other people — try to stay at least 6 feet away.
- **WEAR A MASK** in public or when you can't maintain physical distance between yourself and others.
- **AVOID CROWDS** of people.
- **AVOID CLOSED SPACES.** Outdoor activities are safest, but if you're going to be inside, aim for a relatively large, well-ventilated space. And don't stay long!
- **DON'T TOUCH** your face.
- **WASH YOUR HANDS** frequently.
- **DISINFECT** frequently touched surfaces regularly.

...self-monitor?

- **BE ALERT** for symptoms, especially changes in your sense of smell or taste, cough, fever, or shortness of breath.
- **TAKE YOUR TEMPERATURE** every morning and night, and write it down.
- **GET TESTED** if you have any symptoms of COVID-19.
- **DON'T** seek medical treatment without calling first!

Learn more at medical.mit.edu/WhatNow

What if I have symptoms?

If you're a member of the MIT community and are experiencing symptoms of COVID-19, **call MIT Medical's COVID-19 hotline: 617-253-4865.** If you are a Covid Pass user, report your symptoms through your Covid Pass attestation.

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