What should I do if...

...who has tested positive for COVID-19?
- Get tested AND self-quarantine AND self-monitor

...who has been exposed and has symptoms?
- Self-monitor AND protect yourself and others

...who might have been exposed...
- ...and is experiencing symptoms?
  - Protect yourself and others
- ...but is NOT experiencing any symptoms (yet)?
  - Self-monitor AND protect yourself and others

What counts as “close contact?”
- PROLONGED time — at least 15 minutes within 6 feet, OR
- DIRECT PHYSICAL CONTACT (e.g., kissing, hugging), OR
- SHARED eating or drinking utensils, OR
- Contact with RESPIRATORY SECRETIONS.

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.