



COVID-19

What to Do if You Were Exposed

Important Reminders:

- 1 Start Precautions Immediately - Wear a mask as soon as you find out**
Start Day 0 as the day of exposure, Day 1 is the first full day after your last exposure.
- 2 Continue Precautions - Up to 10 full days**
Continue wearing a high-quality mask indoors and around others including households or in public, and monitor your symptoms.
- 3 Get Tested - Day 5**
Test at least 5 full days after your last exposure, even if you don't have symptoms.



**Gila River Indian Community
Tribal Health Department
(520)562-5100**



 [CDC.GOV](https://www.cdc.gov)