## COVID-19 EXPOSURE ACTION CHART

### WHO

**HAY BEEN BOOGET OR**
- Completed the primary series of Pfizer within the last 5 months.
- Moderna within the last 5 months or J\&J vaccine within the last 2 months.

**NOT BOOSTED and**
- Completed the primary series of Pfizer over 5 months ago.
- Moderna over 5 months ago or J\&J vaccine over 2 months ago.

### Everyone

**Mask** recommended indoors when not at home.
- **Get tested** weekly through [PCT](https://www.proactivecommunitytesting.com).
  - Complete the Daily Symptom Screening on the [Protect Texas Together](https://protecttexas.together) app.

### Asymptomatic Close Contact Exposure

(No symptoms* but had close contact** with someone who tested positive for COVID-19)

**Mask** around others for 10 days.
- **Get tested** on day 5 after exposure (date of exposure is day 0) through UT’s free Proactive Community Testing program.
  - Complete the Daily Symptom Screening on the PTT app to monitor for symptoms.

### Symptomatic (regardless of exposure)

**Self-isolate.** Do not leave home unless seeking medical care or testing. Avoid others in your residence. Disinfect surfaces regularly.
- **Get tested immediately.**
  - **Students:** schedule test or telehealth appointment with UHS provider, depending upon symptom severity. Follow prompts to schedule through MyUHS or 8 a.m.-5 p.m. weekdays, call either: UHS Appointments, 512-471-4955, or UHS Nurse Advice Line, 512-475-6877.
  - **Faculty/Staff:** schedule test with UT Health Austin or private healthcare provider. See additional instructions for employees below.
- **For masking,** a properly-fit, non-cloth mask is preferred. Eat/drink in well-ventilated and socially distanced locations.
- **Self-monitor:** People should monitor themselves for symptoms of COVID-19. If they feel feverish or develop measured fever, cough, or shortness of breath at rest, chest pain, persistently high fever despite fever lowering medicine, confusion, lightheadedness, or Go to ER:
  - Shortness of breath at rest, chest pain, persistently high fever despite fever lowering medicine, confusion, lightheadedness, inability to eat or drink
  - Self-monitor: People should monitor themselves for symptoms of COVID-19. If they feel feverish or develop measured fever, cough, or difficulty breathing during the self-monitoring period, they should self-isolate. Limit contact with others and seek advice by telephone from a healthcare provider to determine whether medical evaluation is needed.
- **Self-quarantine:** Stay home for 5 days.
- **Mask** around others for 10 days.
- **Get tested** on day 5 after exposure (date of exposure is day 0) through UT’s free Proactive Community Testing program.
- **Self-monitor.** Check for fever or respiratory symptoms.

### Positive COVID-19 Test

**Isolate** for at least 5 days*** since symptoms first appeared AND at least 24 hours with no fever without fever-reducing medications AND symptoms have improved.
- **If asymptomatic,** isolate for 5 days from the date of the test.
- **For masking,** a properly-fit, non-cloth mask is preferred. Eat/drink in well-ventilated and socially distanced locations.
- **Read more about ending isolation for students.** See additional instructions for employees below.

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### DEFINITIONS:

**Symptoms of COVID-19:** Range from mild to severe and may include fever (≥ 100.0°F) or chills, cough, shortness of breath/difficulty breathing, fatigue, muscle/body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting and/or diarrhea

**Close Contact:** Being within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or for asymptomatic patients, 2 days prior to test) until the time the patient is isolated

**Given there is small residual risk of transmission from days 5-10 in some cases,** UT recommends minimizing time in public when possible (for example, work/study from home). For masking, properly fit, non-cloth masks are preferred in non-remote settings, and eat/drink in well-ventilated and socially distanced locations. If you must be around others, then a negative rapid antigen test for COVID-19 on the evening of day 5 or morning of day 6 can reassure you and others that you are LESS LIKELY TO BE infectious. If a rapid test is not available, consider staying home at least past day 7 as risk of transmitting from day 8-10 is minimal. PCR tests should not be used to end isolation.

Note: Testing guidance is based on limited information and is subject to change as more information becomes available.

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