## COVID-19 EXPOSURE ACTION CHART

<table>
<thead>
<tr>
<th>WHO</th>
<th>HAVE BEEN BOOSTED OR Completed the primary series of Pfizer or Moderna within the last 6 months or Completed the primary series of J&amp;J vaccine within the last 2 months.</th>
<th>NOT BOOSTED and Completed the primary series of Pfizer or Moderna over 6 months or Completed the primary series of J&amp;J vaccine over 2 months ago OR UNVACCINATED</th>
</tr>
</thead>
</table>
| **Everyone** | **Mask** recommended indoors when not at home.  
**Get tested** weekly through [PCT](https://covid19.utexas.edu).  
Complete the Daily Symptom Screening on the [Protect Texas Together app](https://covid19.utexas.edu). | **Mask** recommended indoors when not at home.  
**Get tested** 2X a week through [PCT](https://covid19.utexas.edu).  
Complete the Daily Symptom Screening on the [Protect Texas Together app](https://covid19.utexas.edu). |
| **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](https://covid19.utexas.edu) program.  
Complete the Daily Symptom Screening on the [PPT](https://covid19.utexas.edu) app to monitor for symptoms. | **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](https://covid19.utexas.edu) program.  
**Self-monitor.** Check for fever or respiratory 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.  
**Mask** with a properly fit non-cloth mask around others, including those who share your household. | **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.  
**Mask** with a properly fit non-cloth mask around others, including those who share your household. |
| **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.  
**Mask** with a properly fit non-cloth mask around others, including those who share your household.  
Read more about [ending isolation for students](https://covid19.utexas.edu). | **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.  
**Mask** with a properly fit non-cloth mask around others, including those who share your household.  
Read more about [ending isolation for students](https://covid19.utexas.edu). |

### DEFINITIONS:

* **Symptoms of COVID-19:** Range from mild to severe and may include fever (< 100.4°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 this scenario, and eat/drink in well-ventilated and socially distanced locations. If you must be around others, wear a properly fit non-cloth mask around others, including those who share your household.***

**Symptoms that Suggest COVID-19 Worsening, Call Your Doctor 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 feversish 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:** Separates people who were exposed but do not have symptoms to see if they become symptomatic. A person can be contagious before symptoms begin, so this is critical to prevent the spread.

**Self-isolation:** Separates people with symptoms of COVID-19 with or without a positive test. Stay home and away from others who share your residence to prevent the spread of the virus.