



CLL SOCIETY

CHECKLIST FOR KNOWN EXPOSURE TO COVID-19 WITHOUT A POSITIVE TEST RESULT



QUARANTINE IMMEDIATELY AND WATCH FOR SYMPTOMS

- If you have known exposure to someone with COVID-19 you should quarantine, meaning stay home and away from other people for at least 5 full days (day 0 is the day of known exposure). Wear a mask and distance around others at home if possible.
- Symptoms of COVID-19 may appear anywhere from 2-10 days after exposure (depending upon the variant). Symptoms can include headache, fever/chills cough, shortness of breath or difficulty breathing, increased fatigue, muscle or body aches, loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting, and diarrhea.
- Contact your healthcare provider(s) right away to arrange for urgent treatment with COVID-19 therapeutics, regardless of whether or not you have had a positive test or symptoms yet.**
- Immediately schedule appointments for testing, as availability for testing slots can be limited during times of surging cases.



TESTING RECOMMENDATIONS

- The CDC recommends testing 5 days following the date of known exposure, even without symptoms. If you begin to have symptoms, arrange to test right away.
- The PCR test is much preferred over the rapid test due to increased level of accuracy, but take whatever test is available to you at the time. Know that if you test negative, this only means your viral load was not high enough to be detectable *at the time* it was collected and that you could still test positive later. Continue to quarantine through day five, and wear a mask through day ten from the known exposure.
- If symptoms develop but you had a negative test, you should immediately isolate and get tested (even if you have already received a negative result. If you test positive, refer to the Household Isolation Plan and the COVID-19 Action Plan for next steps.



QUARANTINE RECOMMENDATIONS

- If you do not develop any symptoms and test negative on day five, the quarantine period can end. However, you should still plan to wear a mask when in contact with anyone else until ten days have passed from the known exposure.