

COVID-19

Guidance for persons who have been exposed to COVID-19

If you have been exposed to someone who has COVID-19, caused by the SARS-CoV2 virus, you may become infected with the virus. For your safety and the safety of others, DHEC recommends you follow the guidance below.

After being exposed to COVID-19

Start taking precautions immediately:

Wear a mask as soon as you find out you were exposed.

Get tested at Day 6, even if you do not develop symptoms

- Day 0 is the day of your last exposure to someone with COVID-19
- Day 1 is the first full day after your last exposure

Continue precautions 10 full days.

If you develop symptoms at any time, get tested and isolate until you know the result.

You can still develop COVID-19 up to 10 days after you have been exposed.

COVID-19 Precautions

1. Wear a high-quality mask or respirator (e.g., N95) any time you are around others inside your home or indoors in public.
2. Do not go places where you are unable to wear a mask.
3. Take extra precautions if you will be around people who are more likely to get very sick from COVID-19.
 - Wear a mask or respirator
 - Improve ventilation
 - Open windows
 - Change AC filters frequently
 - Use high-efficiency particulate air (HEPA) cleaners
 - Turn thermostats to “ON” position instead of “AUTO” for continuous airflow and filtration
 - Turn on exhaust fans
 - Move indoor activities outdoors
 - Get tested if needed
 - Increase space and distance between people

Watch for Symptoms

- Fever (100.4° F or greater) or chills
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you develop symptoms at any time, get tested and isolate until you know the result.

If you begin to feel ill at any time with fever, cough, shortness of breath, or other symptoms of COVID-19

- Immediately self-isolate and avoid contact with others.
- Seek testing for COVID-19.
- Seek medical care, if needed.
 - Call ahead before you go to a doctor's office or emergency room and tell them about your possible exposure to COVID-19 and your symptoms.
 - Avoid contact with others when you arrive.
 - Several South Carolina health systems are offering telehealth screening options to the public.
- Visit scdhec.gov/covid19 for more details.

What is the difference between Flu and COVID-19?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus first identified in 2019, and flu is caused by infection with influenza viruses. For more details, visit cdc.gov/flu/symptoms/flu-vs-covid19.htm