

# COVID-19 Timeline

As soon as you know about a potential exposure, **QUARANTINE** yourself. People in quarantine should stay home as much as possible, limit their contact with other people, and monitor their health closely in case they become ill.

As soon as you receive a positive test result make sure you are in **ISOLATION**. People in isolation need to stay home and separate themselves from others in the home as much as possible.

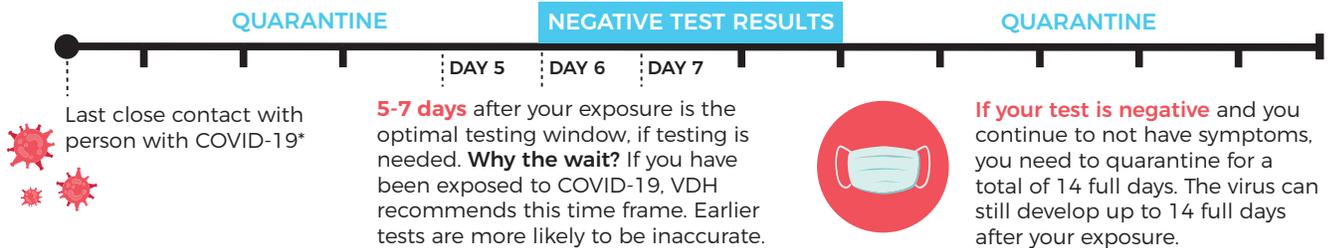


Call your primary care physician to review your exposure and potential testing needs.

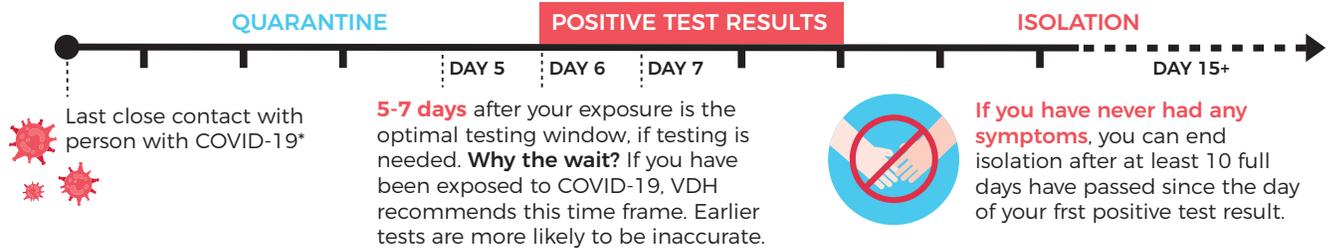


PLEASE NOTE: These timelines are examples.

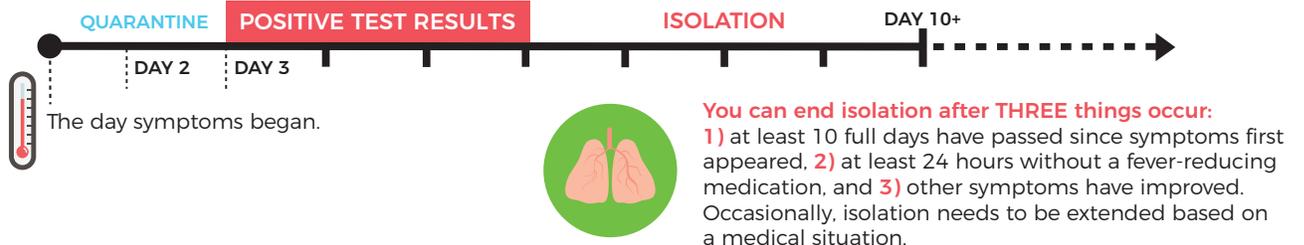
**CLOSE CONTACT/ NO SYMPTOMS**  
(Resulting in **NEGATIVE** COVID-19 test)



**CLOSE CONTACT/ NO SYMPTOMS**  
(Resulting in **POSITIVE** COVID-19 test)



**SYMPTOMATIC**  
(Resulting in **POSITIVE** COVID-19 test or developed symptoms while on other timelines)



\*FOR THE FULL DEFINITION OF CLOSE CONTACT, VISIT [VDH.VIRGINIA.GOV/CORONAVIRUS/LOCAL-EXPOSURE/](https://www.vdh.virginia.gov/coronavirus/local-exposure/)