How Soon after COVID-19 Exposure Should I Get Tested?

Exposed to COVID-19?

You may want to get tested...

But don't get tested too soon! Your result may not be accurate.

Wait 5-7 days after being exposed to COVID-19 to get tested.

While you wait to get tested, quarantine at home and stay away from others.

After testing, quarantine at home and stay away from others while awaiting results.

It is safest to quarantine for a total of 14 days, but if staying home would pose a significant economic hardship or burden, and if your test is negative, quarantine can end after 7 days. If you test positive, you will isolate for 10 days after getting tested For more information see: "How Long Do I Need to Stay in COVID-19 Isolation or Quarantine?"

For general questions about COVID-19 call 211 or 1-800-962-1253. To find a testing site visit: covid19.nj.gov/testing.