

# What to do if you are exposed to someone with covid-19

[Who needs to isolate after a COVID exposure?](#)

*Who "counts" as an exposure to COVID, and what should exposed individuals do? Dr. Roy breaks it down and makes it simple, with a little help from some friends!*

*Posted by [Pediatric Physicians, PC](#) on Tuesday, 23 June 2020*

Confused about what do to if you are exposed to someone with covid-19? What if you are exposed to someone who was exposed to covid-19 illness? Do you self-isolate? How long?

We welcome back our pediatrician friend [Dr Roy Benaroch](#) as he explains, briefly and clearly in his two minute video, just what to do. We promise you will gain knowledge and confidence.

Julie Kardos, MD and Naline Lai, MD

*Roy Benaroch, MD, of [Pediatric Physicians, PC](#) , has been practicing pediatrics in Atlanta, Georgia since 1997. He is an adjunct professor of Pediatrics at Emory University, writes an excellent blog [The Pediatric Insider](#), and has authored several helpful pediatric related books, articles, and videos. This video is shared with his permission on Two Peds in a Pod®*