

# 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!*

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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®*