



## Detailed Instructions: Am I A Close Contact to Someone with COVID-19?

You can be exposed to COVID-19 when you have been in direct contact with the secretions (droplets) of someone who has COVID-19 (being coughed or sneezed on, kissing, sharing utensils, etc.). **Close contact means that you have been within six feet of someone with COVID-19 for 15 minutes in a 24 hour period and you had that close contact when the person had symptoms or had tested positive, or 2 days before then.** Some people get COVID-19 without knowing how they were exposed.

**I have been in close contact with someone who has COVID-19, but I am not sick. What should I do?**

- ***You need to stay home and away from other people for 14 days.*** Do not go to work, school, grocery shopping or do other errands. For 14 days, beginning the last day that you had contact with the COVID-19 positive person, you should monitor yourself for fever, cough, shortness of breath and any other symptoms of COVID-19 (such as chills, muscle aches, fatigue, headache, sore throat, new loss of taste or smell, vomiting or diarrhea).

**If I am told to quarantine for 14 days and have a negative COVID-19 test during that time, can I go back to my regular activities?**

- ***No,*** even if you have a negative test you must remain in quarantine until released by RiverStone Health or your healthcare provider.

**I am a close contact of someone who has COVID-19 and now I'm sick. What should I do?**

- Continue to stay home and isolate yourself from other people, including household members, even if your symptoms are very mild. Contact your healthcare provider or go to the community-testing site to be tested for COVID-19. Tell your provider or the testing site that you were exposed to someone with COVID-19 and are now sick.

