



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.*** Do not go to work, school, grocery shopping or do other errands. Your quarantine begins on 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).

How long do I have to quarantine if I have no symptoms of COVID-19?

- ***Ideally, it's recommended that you stay home and away from other people, including members of your household, for a full 14 days.***

Is there an option to shorten my quarantine from 14 days, so I can go back to my regular activities sooner?

- ***While quarantining for the full 14 days is the best option to prevent the spread of COVID-19, the Centers for Disease Control and Prevention offers an option to shorten the length of quarantine for contacts who have no symptoms.***
- ***If you have NO SYMPTOMS,*** you can end your quarantine after 10 days without any further testing. You need to continue to self-monitor through Day 14, following correct and strict mask usage, social distancing and all other hygiene measures.
- ***If you have NO SYMPTOMS,*** you can end your quarantine after Day 7, if you test negative on Day 5 or later with a PCR test. You can also end your quarantine

after Day 7, if you have an antigen test as close to Day 7 as possible. You need to continue to self-monitor through Day 14, following correct and strict mask usage, social distancing and all other hygiene measures. **Be aware, the availability of local testing is limited.**

- *You cannot end your quarantine earlier than Day 7, even if you have no symptoms.*

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.

