Detailed Instructions for Close Contacts

As a close contact of someone who has COVID-19, you should stay home and monitor yourself for symptoms.

Symptoms can range from mild to severe, and appear 2-14 days after you were exposed to the virus. Symptoms may include: new cough, new shortness of breath, fever of 100.0, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting or diarrhea.

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

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

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.***

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Stay home except to get medical care
- ● Do not go to work, school or other public areas.
- ● Avoid using public transportation, ride-sharing or taxis.

Monitor your symptoms
- ● Twice a day, record your temperature with date and time.
- ● Seek prompt medical attention if you develop any of the symptoms mentioned above. Call ahead and notify the provider that you are in home monitoring for exposure to COVID-19 and have developed symptoms.
- ● If you have a medical emergency and need to call 911, tell the dispatcher you are in home monitoring for exposure to COVID-19.

Cover your cough and sneezes
- • Cover your mouth with a tissue when you cough or sneeze, throw used tissues in a lined trash can and immediately wash your hands with soap and water or use an alcohol-based hand sanitizer.

Wash your hands often and thoroughly under running water with soap for 20 seconds.

Use a nickel-size amount of alcohol-based hand sanitizer to clean your hands when you cannot use soap and water.

Clean "high-touch" surfaces daily, including counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Use a household cleaning spray or wipe according to label directions.

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.

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