

Fact Sheet: You are a Close Contact

- If you were within 6 feet of someone who tested positive for 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.

YES

You are a close contact.

Now what?

To avoid spreading COVID-19 you must self-quarantine.

Quarantine means staying home and away from others. Your quarantine starts after your last close contact with the person who tested positive for COVID-19.

Do you have any of these symptoms? Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose including mild, allergy-like symptoms, nausea, vomiting or diarrhea.
If you have symptoms, please call your healthcare provider and get tested.

You must quarantine even if you feel fine

Even if you have no symptoms, you must stay at home, away from others in your household and pets. Ideally, you should quarantine for **14 days** after your last exposure to the person testing positive for COVID-19. Stay home from school, work or errands. If you need medical attention, call your healthcare provider first. The CDC offers two options to shorten your quarantine **if you have no symptoms**. You can end your quarantine after 10 days, without testing. Or you can end quarantine after 7 days, if you test negative from a PCR test taken on Day 5 or later; or if you have an antigen test as close to Day 7 as possible. Be aware, **local testing availability is limited**. You must continue to self-monitor through Day 14, following correct and strict mask usage, social distancing and all other hygiene measures. You cannot end quarantine earlier than Day 7, even if you have no symptoms. If you live with someone who has tested positive and are a caregiver who cannot maintain 6-foot distance, your quarantine starts when their isolation period ends.

