

# 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 close contact when the person had symptoms or had tested positive, or 2 days before then.

You are a close contact.

Now what?

Are you fully vaccinated?

YES

You do not have to quarantine, IF:

No

You are fully vaccinated AND do not have COVID-19 symptoms since exposure. You should get tested 3-5 days after exposure and wear a mask indoors in public for 14 days after exposure or until the test result is negative.

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 have a negative antigen test on Day 7. 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.

**Even if you are fully vaccinated,** if you are a caregiver or household member of someone who tested positive, you should still follow all precautions outlined for household members including: staying in a separate room, using a separate bathroom if possible, masking, physical distancing & following disinfecting & proper hygiene guidelines.

