



## Detailed Instructions for Close Contacts

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 a total of 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.

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.

**General guidance for persons exposed to someone with COVID-19 (close contact) depends on COVID-19 vaccination / past COVID-19 infection, regardless of occupation or employment status. Day 0 is date of last exposure.**

### Vaccinated Persons / Persons with COVID-19 less than 90 days ago

Quarantine does not apply to close contacts if vaccinated or who have had COVID-19 within the past 90 days as defined by:

1. They are boosted; OR have received a second dose of mRNA vaccine within last 5 months; OR have received 1 dose of J&J vaccine within the last 2 months; OR,
2. Tested positive for COVID-19 within the last 90 days.

### **Additional Precautions**

1. Close contacts are recommended to wear a well-fitting mask for 10 days when around others at home and in public.
2. Avoid travel.
3. Avoid being around persons who are at high risk for severe disease.
4. Get tested for COVID-19 at least 5 days after the date of last exposure.
5. **If symptoms develop, get a test, and stay home.**

### Unvaccinated Individuals / Persons with COVID-19 more than 90 days ago (not fully vaccinated and boosted)

Quarantine does apply to unvaccinated persons or unvaccinated persons diagnosed with COVID-19 more than 90 days prior to exposure. Precautions include:

1. Close contacts must stay home for 5 days.

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2. After 5 days, continue to wear a well-fitting mask when around others for 5 additional days (days 6-10).
3. Get tested for COVID-19 at least 5 days after the date of last exposure.
4. If symptoms develop, get a test and stay home. If test is negative, resume original quarantine timeline.

## What should I do in quarantine?

### 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.



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