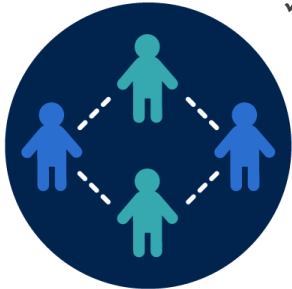


# What to do if *you* are a **close contact** to someone with confirmed coronavirus disease (**COVID-19**)

You generally need to be in close contact with a sick person to get infected with the virus that causes COVID-19. Close contact includes:

- ✓ Living in the same household as a sick person with COVID-19, OR
- ✓ Caring for a sick person with COVID-19, OR
- ✓ Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing), OR



- ✓ Being within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset until the time the patient is isolated. (Or if asymptomatic, 2 days prior to their test date).

If you are a close contact to a person with laboratory-confirmed COVID-19, follow the steps below to monitor your health and avoid spreading the disease to others if you get sick.

## What should I do if I am a close contact to someone with COVID-19 but am not sick?

- ✓ You must stay in quarantine for 10 days from when you were last together without getting tested, or for 7 days **after** receiving a negative test result (testing must occur at least 6 days from the time you were last together). Quarantine means not going to work or school, and avoiding public places.
- ✓ You should take your temperature twice a day.
- ✓ You should monitor your health for cough, shortness of breath, or feeling feverish for 14 days after the last day you were in close contact with a person with COVID-19.



## What should I do if I am a close contact to someone with COVID-19 and get sick?

If you develop a fever, cough, or have trouble breathing:

- Seek medical care, but call ahead before you go to a doctor's office or emergency room.
- Tell your doctor about your symptoms and that you are a close contact to a person diagnosed with COVID-19. If available, put on a facemask before you arrive for medical care.
- Avoid contact with others.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have been exposed to COVID-19. If possible, put on a facemask before emergency medical services arrive. If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them that you are a close contact to someone with COVID-19. If possible, put on a facemask before entering the facility.

