

If you think you have been exposed to someone 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 IS COVID-19?

A respiratory disease caused by a new coronavirus. The most common symptoms of the disease are fever, cough, and shortness of breath.

HOW DO I KNOW IF I WAS EXPOSED?

You generally need to be in close contact with a sick person to get infected. Close contact includes any of the following:

- Living in the same household as a sick person with COVID-19
- Caring for a sick person with COVID-19
- Being within 6 feet of a sick person with COVID-19 for about 10 minutes
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.)

If you have not been in close contact with a sick person with COVID-19, you are at low-risk for infection. Monitor your health for 14 days after contact and stay away from others if you get sick.

SHOULD I GET TESTED FOR COVID-19?

Not everyone needs to be tested for COVID-19. We currently do not have medications to treat COVID-19, so whether you test positive or negative, your healthcare provider's advice for managing your symptoms will be the same. Those who are sick with fever or cough and who are at a higher risk for severe illness (e.g., older people, those with chronic medical conditions including immunosuppression and pregnant women) should call their healthcare provider to discuss whether they should be tested for COVID-19.

WHAT SHOULD I DO IF I WAS IN CLOSE CONTACT WITH SOMEONE WITH COVID-19 WHILE THEY WERE ILL BUT I AM NOT SICK?

You should monitor your health for fever, cough, and shortness of breath during the 14 days after the last day you were in close contact with the sick person with COVID-19. You should not go to work or school, and should avoid public places for 14 days.

WHAT SHOULD I DO IF I WAS IN CLOSE CONTACT WITH SOMEONE WITH COVID-19 AND GET SICK?

If you get sick with fever, cough, or shortness of breath (even if your symptoms are very mild), you likely have COVID-19. You should isolate yourself at home and away from other people. If you have any of the following conditions that may increase your risk for serious infection:

- Age 60 years or older
- Pregnancy
- Serious underlying medical conditions or are immunocompromised

Contact your physician's office and tell them that you were exposed to someone with COVID-19. They may want to monitor your health more closely or test you for COVID-19.

If you do not have a high-risk condition but want medical advice, call your healthcare provider and tell them you were exposed to someone with COVID-19. Your healthcare provider can help you decide if you need to be evaluated in person or tested. If you have a medical emergency and need to call 911, notify the dispatch personnel that you may have been exposed to COVID-19. If possible, put on a facemask before emergency medical services arrive or immediately after they arrive.

WHAT IF TESTING IS NOT AVAILABLE?

If testing is not available and you become symptomatic, follow the same guidance for individuals with suspected or individuals diagnosed with COVID-19.

DISCONTINUING HOME ISOLATION

Monitor your health for fever cough and shortness of breath during the 14 days after the last day you were in close contact with a sick person with COVID-19. For sick contacts of COVID-19 patients, discontinue home isolation under the following conditions:

- At least 10 days have passed since symptoms first appeared; **AND**
- At least 3 days (72 hours) have passed since recovered which is defined as resolution of fever without the use of fever reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath).

Questions and concerns can also be directed to the 24/7, toll-free COVID-19 information hotline:

1-800-887-4304