



# **PROTECT OUR HERITAGE:** SHARING YOUR COVID-19 TEST RESULTS WITH “CLOSE CONTACTS”

## **WHO SHOULD I TELL ABOUT MY COVID-19 TEST RESULTS?**

It is important to let anyone who you have been in close contact with know if your COVID-19 test result is positive. This will allow them to quarantine at home to protect themselves and others in the community.

## **WHAT IS A “CLOSE CONTACT”?**

“Close contact” means spending a total of 15 minutes or more over a 24 hour period, within 6 feet of someone who is confirmed to have COVID-19 when that person was in their infectious period. Wearing a mask or cloth-face covering does not affect the definition for close contact.

## **WHAT SHOULD I TELL MY “CLOSE CONTACTS”?**

- 1.** They have been in close contact with someone who has tested positive for Coronavirus Disease 2019 (COVID-19).
- 2.** Even if they feel well now, it is possible that they may also be infected.
- 3.** It can take 2 - 14 days to show symptoms, so we may not know for up to 14 days if they are infected or not.
- 4.** Some people with COVID-19 never develop symptoms, but they can still spread it to others.
- 5.** All “close contacts” should self-quarantine at home for 14 days from the last time they were exposed to you, so that they don’t pass on the infection to anyone else.
- 6.** They should consider being tested about 5-7 days from the last time they were exposed to you.
- 7.** A health provider or contact tracer will be calling them in the days ahead to ask them questions and provide more information.
- 8.** If they have any immediate questions that you cannot answer, or if they develop worrying symptoms of COVID-19, they should call the IHS or Tribal Health Clinic.

## HOW TO SELF-QUARANTINE

You must restrict activities and limit all movements that may expose you to others during the quarantine period.

1. Stay home. Do not go to work, school, or public areas.
2. Do not allow visitors and limit the number of people in your home.
3. Separate yourself from others in your home (unless they are also in quarantine).
  - Stay in a specific room and away from other people in your home. It is very important to stay away from people who are at higher risk of serious illness. This includes people who are age 65 years and older, are pregnant, or have a health problem such as a chronic disease (diabetes, heart disease, high blood pressure, cancer, etc.) or a weak immune system.
  - Use a separate bathroom, if available.
  - Stay at least 6 feet away from others. When this is not possible, wear a face cover.
  - Do not handle pets or other animals.

## SYMPTOMS MAY INCLUDE

FEVER



COUGH



SHORTNESS  
OF BREATH

DIFFICULTY  
BREATHING



Symptoms may appear 2-14 days after exposure. Symptoms may also include chills, muscle pain, headache, sore throat and new loss of taste or smell

## WHAT IF I DEVELOP SYMPTOMS?

If you develop any of the signs or symptoms above, you may have COVID-19. Most people with COVID-19 will have mild illness and can get better with the proper home care and without the need to see a provider.

**If symptoms worsen you should seek medical care. Call your healthcare provider in advance, or 9-1-1 in an emergency, and let them know you are a close contact to a person with confirmed COVID-19.**



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