

INFORMATION FOR PEOPLE WHO HAVE HAD CLOSE CONTACT WITH SOMEONE WITH COVID-19

THIS INFORMATION IS BEING PROVIDED TO YOU BECAUSE YOU HAVE BEEN IDENTIFIED AS HAVING HAD CLOSE CONTACT WITH SOMEONE DIAGNOSED WITH CORONAVIRUS DISEASE (COVID-19).

There is a possibility that the virus could have been passed on to you. This fact sheet provides some basic information on COVID-19 and precautions you can take to keep yourself and your loved ones safe. It is important to note that **most people who have had close contact with someone confirmed as having COVID-19 have not been infected or become ill**, but taking precautions is essential!

What is COVID-19?

COVID-19 stands for Coronavirus Disease 2019. It is a respiratory disease caused by a new virus called coronavirus 2019.

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.

How serious is it?

Some people who are infected may not get sick at all, some will get mild symptoms from which they will recover easily, and others may become very ill, very quickly. The people at most risk the of serious infection are:

- elderly people
- people with chronic medical conditions like heart disease, lung disease, diabetes, and cancer
- people with weak immune systems
- anyone who had direct contact with infectious secretions of a person with COVID-19 (e.g., being coughed on).

How is it spread?

- COVID-19 is spread mainly between people in close contact with one another through droplets from coughs or sneezes.
- It may also be spread when you touch a surface or object with the virus on it, then touch your mouth, nose, or eyes.

What are the symptoms?

The most common symptoms of COVID-19 are:

- fever, difficulty breathing or shortness of breath, cough, chills, muscle pain, sore throat, headache, new loss of taste or smell.

However, some infections have no symptoms, and some lead to more serious illness like pneumonia.

What do I need to do?

As you have been identified as having contact with a person suspected of having COVID-19, it is important that you are monitored, so that any early symptoms can be detected.

You will need to:

- Take your temperature twice a day for 14 days, and avoid the use of fever reducing medications (e.g. acetamophen, ibuprofen, Tylenol, Advil) as much as possible. Report a fever to your health care provider. These medicines could hide an early symptom of COVID-19.
- Stay home (self-quarantine) until 10 days after last exposure and maintain social distance (at least 6 feet) from others at all times.
- Wash your hands often with soap and water for at least 20 seconds – or use a hand sanitizer that has at least 60% alcohol.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid sharing household items like cups, dishes, eating utensils, towels and bedding.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs, countertops, handrails, phones, computer keyboards, etc.

What does self-quarantine mean?

People who are recommended to be self-quarantined should not attend public places such as work, school, childcare, church, or stores. Only people who usually live in the household should be in the home. It is best not to allow visitors into the home. Where possible, get others such as friends or family, who are not required to be self-quarantined, to get food or other necessities for you. If you must leave the home, such as to seek medical care, call the clinic or hospital to tell them you are coming and are a close contact of someone who was diagnosed with COVID-19.

Should I wear a face mask?

If you are home alone, you do not need to wear a face mask. When you are in the same room as others, you should wear a face covering and stay at least 6 feet away from them (i.e. practice social distancing even in your home).

What do I do if I develop symptoms?

If you develop symptoms (fever, cough, shortness of breath, chills, muscle pain, headache, sore throat, new loss of smell or taste) within 14 days of last contact with the person who has COVID-19, you should seek medical care. **Call the health clinic or hospital before you arrive** and tell them you may have been in contact with a potential case of coronavirus.

How can I find out more?



www.cdc.gov/coronavirus



Coronavirus Hotline
1-855-600-3453



www.coronavirus.gov



For non-health related COVID-19 questions
1-833-551-0518



www.ihs.gov

