What to do if you are a close contact to someone with confirmed coronavirus disease (COVID-19) *(updated 3/31/20)*

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 a sick person with COVID-19 for about 10 or more minutes

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 home during the 14 days after the last day you were in close contact with the person with COVID-19. This includes not going to work or school, and avoiding public places for 14 days.
- You should take your temperature twice a day.
- You should monitor your health for cough, shortness of breath or feeling feverish during the 14 days after the last day you were in close contact with the 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.
- Avoid contact with others.
- If available, put on a facemask before you arrive for medical care

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.