

WHAT IS A COVID19 EXPOSURE



An individual who has had close contact:

Less than 6 feet for more than 15 minutes



CLOSE CONTACT MUST BE TO A

- Person with COVID-19 who has symptoms, including the 2 days before symptom onset
- Person who has tested positive for COVID-19 (laboratory confirmed) but has not had any symptoms, including two days before being tested

RECOMMENDED PRECAUTIONS

- Stay home until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times (also known as quarantine)
- Self-monitor for symptoms
 - Check temperature twice a day
 - Watch for fever, cough, shortness of breath, diarrhea, or other symptoms of COVID-19
- Avoid contact with people at higher risk for severe illness from COVID-19
- Call your doctor if you develop symptoms

What if I was exposed to someone who is a close contact to a positive case?

- This is called being a secondary contact
- You can still continue your normal activity, like going to work and the grocery store
- You should self-monitor for symptoms for the 14 days after being exposed to the close contact
- Call your doctor if you develop symptoms



CDC Public Health Guidance for Community-Related Exposure

<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

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