

COVID-19 Close Contact Guidance

Steps to take to prevent the spread of COVID-19:

- Monitor for symptoms. Symptoms include (but are not limited to) fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headaches, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, and diarrhea
- Take your temperature at approximately the same time each day
- If you experience symptoms of COVID-19, isolate yourself and call your doctor immediately. Inform them of your potential exposure and your symptoms. If you are ill and feel you have an emergency, seek care immediately and inform dispatch and health care providers that you have had contact with someone who has COVID-19
- Remain in your home. As much as possible, you should stay in a separate room away from other people in your home. DO NOT eat meals with others in your home. You should also use a separate bathroom, if available
- Do not go to work, school, shopping centers, movie theaters, stadiums, church, public location or any other event
- Do not travel
- Do not travel by any public or commercial transportation such as a bus, taxi, airplane, train, Uber/Lyft or boat

Quarantine timeline:

Your quarantine will begin after your last contact with the person who is positive, even if this person is a household member. There are three different ways you can quarantine as long as you have NO symptoms:

1. Quarantine for 14 days; especially if you are going to be around people that are high-risk for the virus: elderly, people with comorbidities, immunocompromised (**Recommended**)
2. Quarantine for 10 days if you have NO symptoms
3. Quarantine for 7 days if you have a negative COVID-19 test on or after day 5 and have NO symptoms

If you end quarantine before the 14 day quarantine recommendation, you must socially distance yourself from others, wash hands or use sanitizer, wear a face mask and continue cleaning frequently touched surfaces. Regardless of how long you quarantine, you must carefully watch for any symptom that may develop for the 14 days after the exposure. If you develop symptoms at any time during the 14 days after exposure, you will need to immediately isolate and seek medical advice regarding next steps and testing.

What to do when someone with COVID-19 lives in your home:

Household contacts must quarantine as long as they are exposed to the case and for a 7-14 day period beyond their last exposure. If the contact can separate from the case within the home, then they are considered no longer exposed. Separation must include:

- The person who is positive must never be in the same room as household members
- The person who is positive cannot share plates, cups, dishes or phones with household members
- The person who is positive should have their own bathroom. If that isn't possible, the household must conduct daily cleaning
- The person who is positive should have their own room or area in the home

If the contact cannot separate from the person who is positive within the home, the contact must quarantine for the entire isolation period of the person who is positive plus an additional 7-14 days. Once exposure is no longer occurring (either the case has completed their 10-day isolation or the person who is positive and contact have separated within the home), then quarantine can end according to one of the 3 options above. If a household contact develops symptoms of COVID-19, they become a case. They should begin isolation as a person who is positive and consider getting tested.

Isolation timeline for positive person:

The person who is positive for COVID is considered recovered when the following conditions have been met:

- Fever-free for 1 day without fever-reducing medication, **AND**
- Any symptoms experienced are improving, **AND**
- It has been at least 10 days since their symptoms started (or since their test date if they had no symptoms). This will be 20 days for individuals with laboratory-confirmed or clinically suspected COVID-19 with severe or critical illness or who are severely immunocompromised

Things to consider:

COVID-19 ranges from a mild to severe respiratory illness. Symptoms may appear anywhere from 2 to 14 days after exposure to the virus. Most people infected with COVID-19 have a mild to moderate illness, and are able to recover at home. However, some people are more likely to have severe illness requiring hospitalization, including the elderly and people with chronic diseases such as diabetes, heart disease, kidney disease and lung disease.

It is important that we all do our part to prevent the spread of illness in our community. Everyone should regularly wash hands for at least 20 seconds with soap and water, cover coughs and sneezes with a tissue or elbow, and clean and disinfect frequently touched surfaces and objects. Stay home if you are sick and stay away from others who are sick. Practice social distancing- do not gather in groups, stay at least 6 feet away from others and wear a face mask in public.

Questions:

If you have questions, please contact Kentucky's COVID-19 Hotline at 1-800-722-5725 or visit www.nkyhealth.org or www.kycovid19.ky.gov.