

I Have COVID-19: How Do I Notify My Close Contacts?



IT IS IMPORTANT THAT YOU NOTIFY YOUR CLOSE CONTACTS SO THEY ARE AWARE OF THEIR EXPOSURE AND CAN TAKE MEASURES TO STOP COVID-19 TRANSMISSION.

How Long Should I Isolate?

Enter the date you first had symptoms or if you do not have symptoms, the day you were tested for COVID-19.

This is your **Onset Date/Test Date**: _____

Two days prior to onset or test date (if you do not have symptoms) is your

Infectious/Contagious Date: _____

If you have symptoms, add 10 days to the **Onset Date/Test Date** to find your **Release from Isolation Date**: _____. If your symptoms fully resolve before day 5, you may end isolation after day 5. Wear a well-fitting face mask for 10 full days since your symptoms began. If you cannot wear a well-fitting mask properly or consistently, you should stay isolated for 10 days.

If you do **not** have or develop symptoms, add 5 days to the **Onset Date/Test Date** to find your **Release from Isolation Date**: _____. Wear a well-fitting mask for 5 additional days. If you are unable to wear a well-fitting mask properly or consistently, you should stay isolated for 10 days.

What Should I Say to My Close Contacts?

You can start the conversation by using the following message:

“Hi _____. I have been diagnosed with COVID-19 and I am reaching out to you because you may have been exposed to COVID-19. If you are not up to date with your COVID-19 vaccination, you should quarantine for 5-10 days from when we were together last and follow the Kentucky Department for Public Health recommendations available here <https://chfs.ky.gov/agencies/dph/covid19/ExposedGuidanceNotFullyVaccinated.pdf>. If you are up to date on your COVID-19 vaccination, you do not need to quarantine unless you develop symptoms. You should wear a well-fitting mask when around others for 10 full days and get tested 5 days from when we were last together.” Additional information can be found at <https://chfs.ky.gov/agencies/dph/covid19/ExposedGuidanceFullyVaccinated.pdf>.

Who Should I Notify?

Think about people you have been in close contact with during your infectious period at work, school, child care, in-person appointments, social gatherings, etc. **Close Contact** is anyone you were within 6 feet of you for a total of 15 cumulative minutes or more.

Email your close contacts the **CLOSE CONTACT** guidelines. Be sure to notify your work supervisor, school, child care, college/university, coach, social gathering organizers, etc.

Northern Kentucky Health Department

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Use the Following Tool to Help You Document your Close Contacts

List all the people that lived in your household while you were infectious/contagious:

List all the people you have had close contact with while you were infectious/contagious:

List all your workplaces, volunteer places, schools, childcares, college/universities you were at while you were infectious/contagious:

For more information or if you need help determining who your close contacts are, please contact 859.363.2040.

If you were exposed to COVID-19 and are not Up to Date* with your COVID-19 vaccine

Self-quarantine to protect yourself and others:

- Stay home. Do not go to work, school, or other public places. Self-quarantine for:
 - 10 full days after the last day you were exposed if you have NO symptoms; or
 - 5 days if you have no symptoms and test negative on or after day 5 of quarantine and can wear a well-fitting mask for the remaining 5 days when in public indoor places.
- Quarantine may last longer than 10 days if you have ongoing exposure to the person who tested positive for COVID-19. To calculate the quarantine period, the day after your last contact to the person with COVID-19 while they are in their isolation period is considered day 1 of quarantine.
- Stay away from people you live with, if possible. Consider wearing a mask at home if you live with people who are at high-risk.
- Consider vaccination when quarantine has ended.

If you develop any of these symptoms, get tested:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Seek emergency medical care if you experience chest pain, blue or gray lips/finger nails, or difficulty staying awake.

*Up to date means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

Jan. 20, 2022



Kentucky Public Health

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If you were exposed to COVID-19 and are Up to Date* with your COVID-19 vaccine

Take steps to protect yourself and others:

- Get tested 5 or more days after the last day you were exposed to COVID-19.
- Wear a mask in indoor public settings for 10 days after your last day of exposure.
- Monitor for symptoms for 14 days following your last day of exposure.
- Consider wearing a mask at home if you live with persons who are at high-risk.

Isolate yourself if you develop symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Seek emergency medical care if you experience chest pain, blue or gray lips/finger nails, or difficulty staying awake.

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