

# Coronavirus Disease 2019 (COVID-19) Outbreak:

## Close Contact At Home Guidance

### **If you HAVE HAD CLOSE CONTACT with someone who is being checked for COVID-19, you should:**

- Watch for symptoms for 14 days including fever, cough, sore throat, difficulty breathing starting from the day you first had close contact with the person who has or is being checked for COVID-19.
  - Continue to your checks for 14 days after your last close contact with the person.
- **If you do not have any symptoms, you can continue with your daily activities** such as going to work, school, or other public areas. Watch for these signs and symptoms:
  - Fever. Take your temperature twice a day.
  - Coughing.
  - Shortness of breath or difficulty breathing.
  - Other early symptoms to watch for a chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.
- **If a person in your home is being checked for, or might have COVID-19:**
  - Allow only people in the home who are essential to providing care for the sick person.
  - Other household members should stay in another home or place of residence.
  - If this is not possible, they should stay in another room and be separated from the sick person as much as possible.
- **Everyone in the home should:**
  - Wash their hands and avoid touching the eyes, nose, and mouth.
  - Avoid sharing household items like dishes, cups, eating utensils, and bedding.
  - Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables with a diluted bleach solution or a household disinfectant that says “EPA-approved.”
    - To make a diluted bleach solution, add 1 tablespoon bleach to 1 quart of water.

### **If you develop fever or any of the symptoms listed:**

- Call your healthcare provider right away.
- Before going to your medical appointment, tell your healthcare provider about your close contact with someone who tested positive and is being checked for COVID-19. This will help the healthcare provider be ready for you and keep other people from getting infected.
- Ask your healthcare provider to call Public Health.

### **If you LIVE with someone who has or is being checked for COVID-19:**

- Everyone who lives in the home should be on home isolation.
- Call your healthcare provider for advice.

Guidance may change as new information becomes available. Please look for the most up-to-date recommendations.



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## Person Being Checked for COVID-19 At Home Guidance

### If you HAVE COVID-19 or are being checked for COVID-19, you should NOT be in public:

- **DO NOT:**
  - Attend work, school, or be in public areas
  - Use public transportation
  - Share household items like dishes, cups, eating utensils, and bedding
- **DO:**
  - STAY AT HOME, except to get essential medical care.
  - Cancel all non-essential medical appointments
  - Call your provider before you go to a clinic for essential medical appointments and tell them you have or are being checked for COVID-19 so they can prepare for you.
  - Call your provider if symptoms gets worse, especially if you have difficulty breathing and tell them about your illness.
  - If you call 911, tell them if you have COVID-19 or are being checked for COVID-19 so they can prepare for you.
- **At home you should:**
  - Separate yourself from others in the home as much as possible.
  - Stay in a separate room and use a separate bathroom, if possible.
  - Cover your cough and sneezes with a tissue or your elbow.
  - Throw away all used tissues and wash your hands with soap and water.
  - Wash your hands often with soap and water for at least 20 seconds.
  - Avoid touching your eyes, nose, and mouth.

### **You will be asked to stay in home isolation:**

- 1) If you have tested positive for COVID-19, you should:
  - Stay home for 7 days after your COVID-19 testing OR until 72 hours after your fever, cough, difficulty breathing are gone, whichever is longer.
- 2) You should stay in home isolation if you have cough, fever, or breathing problems even if you did not get tested for COVID-19, you should:
  - Stay home for at least **72 hours** after your fever, cough, difficulty breathing are gone.

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