

# COVID-19 Close Contacts



If you have been within 6 ft. of a person infected with COVID-19 for 10 minutes or greater, you are considered a close contact.

These individuals may develop COVID-19 as well.

Close contacts are quarantined for 14 days after their last exposure with the COVID-19 case.

## Close contacts to a COVID-19 case should:

**Stay home** from work\* or school and remain 6 feet away from others.

**Self monitor** for symptoms of COVID-19, including twice-daily temperature checks

Stay away from people at **high risk** for severe illness

\*Essential workers without symptoms can continue to work, should wear a face mask, and should monitor themselves for symptoms.

### Everyone should prevent the spread of COVID-19 by:

**Washing hands** frequently with soap and water for at least 20 seconds, or using a hand sanitizer with at least 60% alcohol

**Covering your cough** with a tissue or your elbow

**Wearing a cloth face covering**, if it can be safely managed

**Cleaning and disinfecting** frequently touch objects and surfaces

