

# I'M SICK OR MAY HAVE BEEN EXPOSED

## Guidelines and Recommendations for COVID-19 Response



### COVID-19 SYMPTOMS, EXPOSURE, AND POSITIVE TESTS

#### Symptoms

Some people may be asymptomatic and others may experience mild to severe symptoms. Symptoms may appear 2-14 days after exposure to the virus. Below is a list of symptoms for COVID-19:

- 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

#### I Was Exposed to Someone with COVID-19

First, you generally need to be in close contact with someone with COVID-19 to get infected. Close contact includes scenarios like living with or caring for a person with confirmed COVID-19, being within six feet of a person with confirmed COVID-19 for about 15 minutes, or if someone with COVID-19 coughed on you, kissed you, shared utensils with you or you had direct contact with their body secretions.

- *I had close contact with someone with COVID-19 but am not sick*
  - Stay home except to get medical care; do not go to work, school, or childcare. Avoid public places for 14 days.
  - Monitor your health for fever, cough, and shortness of breath for 14 days after your last contact with the sick person.
  - Except for health care personnel, home quarantine for a period of 14 days from the date of last contact or exposure with the ill individual is required.
  - If possible, consider being tested for COVID-19 3-5 days after exposure and again 12-14 days after exposure. Some people have the virus but don't have symptoms, so the only way to know for sure is to test. **Even if you have a negative test, you still need to stay home for 14 days.**
- *I had close contact with someone who has COVID-19 and am sick*
  - If you are sick with COVID-19 symptoms, even if your symptoms are mild, isolate yourself.

- You should be tested. Call your health care provider and tell them you have symptoms of COVID-19 and were exposed to someone with a positive test. If you aren't able to get tested by your health care provider or don't have a health care provider, you should go to a community testing event, if available.
  - Stay home while you are waiting for your test results. **Even if you have a negative test, you still need to stay home for 14 days.**
- *Someone in my home is sick from COVID-19*
    - The sick person should be in their own room and have their own bathroom, if possible. They should have the door closed, and food and other needs should be left outside their door for them to pick up.
    - The CDC has additional guidance for how to clean and disinfect your home if someone is sick, including how to clean surfaces, linens, dishes, and trash.
    - The CDC also has information about how to minimize risk if you live in a house with close quarters (e.g., small apartment with more than one person or a house with multiple generations).

### I Tested Positive for COVID-19

- Restrict activities outside your home, except for getting medical care.
- Separate yourself from other people and animals in your home as much as possible.
- Do not go to work, school or public areas.
- Avoid using public transportation, taxis, or ride-share.
- Monitor your symptoms and call before visiting your doctor. If you have an appointment, be sure you tell them you have or may have COVID-19.
- Tell your employer, school, or child care center about your diagnosis.
- If you have to be around other people or pets, such as sharing a room or vehicle, or before entering a healthcare provider's office, wear a face covering or mask
- If you can't wear a mask because it's hard for you to breathe while wearing one, then keep people who live with you out of your room, and have them wear a mask if they come in your room.
- Cover coughs and sneezes. Wash hands thoroughly afterwards. Soap and water is best.
- Avoid sharing personal household items like dishes and glasses, or bedding.
- Wash your hands often with soap and water for 20 seconds. If you can't wash your hands, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Rub hands together until dry.
- Clean "high touch" surfaces every day (e.g. counters, tables, doorknobs, bathroom fixtures, phones, etc)
- Use a household cleaning product to clean, following the manufacturer's recommendations.
- If you are having a medical emergency, call 911. Notify dispatch that you have or may have COVID-19.
- Public Health will tell you when to stop isolating. In general, people can stop isolating 10 days after their symptoms started if they have been fever-free for at least 24 hours and their symptoms are improving. The last day for isolation for someone who *never* had symptoms is 10 days after their positive test.
- You don't need to get tested again if you've recently had a positive test, your test is likely to be positive for many weeks after you recover. You don't need a negative test to stop isolating.

### I Have COVID-19 Symptoms, but I Don't Think I've Been Around Anyone with COVID-19

- Check the list on page 1, if you have these symptoms, call your health care provider to request testing or get tested at a community testing site. Stay home while you wait for your test results.
- Cover coughs and sneezes. Do not share personal household items. Clean your hands often. Clean all "high-touch" surfaces like doorknobs often.
- Monitor your symptoms and call your health care provider if symptoms worsen.