

Guidance: CONTACT to person with coronavirus disease (COVID-19)

If you have been exposed to someone with laboratory-confirmed COVID-19, follow the steps below to monitor your health and avoid spreading the disease to others if you get sick.

What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a respiratory disease caused by a new virus called SARS-CoV-2. The most common symptoms of the disease are fever, cough, and shortness of breath. Most people with COVID-19 will have mild disease but some people will get sicker and may need to be hospitalized.

How do I know if I was exposed?

You generally need to be in close contact with a sick person to get infected. Close contact includes:

- Living in the same household as a sick person with COVID-19,
- Caring for a sick person with COVID-19,
- Being within 6 feet of a sick person with COVID-19 for about 15 minutes, OR
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

What should I do if I was in close contact with someone with COVID-19 while they were ill, but I am not sick?

You will need to remain inside your home for 14 days under quarantine and not go out into public places. You should not have friends or family, who do not live in your household, to visit while on quarantine. You should monitor your health for fever, cough, and shortness of breath during the 14 days after the last day you were in close contact with the sick person with COVID-19.

What should I do if I was in close contact with someone with COVID-19 and get sick?

If you get sick with fever, cough, or shortness of breath (even if your symptoms are very mild), you may have COVID-19. You should immediately isolate yourself at home and away from other people. If you have any of the following conditions that may increase

your risk for a serious infection – age 60 years or older, are pregnant, or have medical conditions – contact your physician's office and tell them that you were exposed to someone with COVID-19. They may want to monitor your health more closely or test you for COVID-19.

If you do not have a high-risk condition but want medical advice, call your healthcare provider, and tell them you were exposed to someone with COVID-19. Your healthcare provider can help you decide if you need to be evaluated in person or tested. There are currently no medications to treat COVID-19. If you have a medical emergency and need to call 911, notify the dispatch personnel that you may have been exposed to COVID-19. If possible, put on a facemask before emergency medical services arrive or immediately after they arrive.

Recommended Testing

For all close contacts, we strongly recommend COVID-19 testing 5 days (or as soon as contacted if later) AND 12 days past last exposure to a positive COVID-19 case. Testing involves a simple swab of the nostril. Testing may be completed through your primary care physician or a testing location:

Optum Serve

Lhi.care\covidtesting or call 1-888-634-1123

- Rocklin
- Grass Valley
- Truckee

Project Baseline by Verily

<https://www.projectbaseline.com/study/covid-19/>

- Sacramento

Discontinuing Home Quarantine

If you remain symptom-free for 14 days AND test negative twice for COVID-19 at day 5 and day 12 after the last day of close contact with a positive COVID-19 case, you can discontinue home quarantine. If you only test negative once and it is during your second half of quarantine, you can discontinue home quarantine.

If you only test negative once and it is during your first half of quarantine OR you do not get tested during quarantine and remain symptom-free, you must wear a disposable face mask while around other persons for 10 days after quarantine.

Home Quarantine Support

If you do not have outside support and will require supportive services while you are on quarantine, please visit LoveOurCity.com and/or call 2-1-1.

Thank you for your cooperation.