

# What to do if you were exposed to someone with confirmed coronavirus disease (COVID-19)?

If you had close contact with a person sick with COVID-19, the Virginia Department of Health (VDH) recommends that you **stay at home** for 14 days after the last time you saw the person and practice social distancing. \*If you are a healthcare worker or critical infrastructure worker, consult your employer or the health department for instructions specific to your industry.

## 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 10 minutes, or
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed or sneezed on, kissing, sharing utensils, etc.).



## Close contact does not include:

Being indoors, such as a classroom or hospital waiting room, with a sick person with COVID-19 and remaining more than 6 feet away, does not put you at a higher risk of getting sick.

Additionally, briefly walking by or being briefly in the same room as a sick person with COVID-19 does not put you at a higher risk of getting sick.

If you live in the same household as someone sick with COVID-19, the person who is sick must stay home until their fever has been gone for 3 full days without using any fever-reducing medicine, the other symptoms have improved, and at least 7 days have passed since the first symptoms appeared. After this time, the person can stop home isolation and is no longer considered infectious. **You, as the household contact, should stay home while the person is sick, while the person is recovering, and for 14 days after their home isolation ended.**

View the enclosed guide on **When to End Home Isolation and Quarantine** for more information.

## Monitor your health and be aware of the most common signs of COVID-19. These include:

Fever



Cough



Shortness of breath



**IF YOU HAVE MORE QUESTIONS ABOUT STAYING HOME OR PRACTICING SOCIAL DISTANCING, PLEASE CONTACT 877-ASK-VDH3 (877-275-8343)**

# Take these steps to monitor your health while you stay home and practice social distancing:

## Take your temperature with a thermometer two times a day



- Take your temperature once in the morning and once at night. Watch for a fever, cough, or trouble breathing.
- If you develop a fever and mild symptoms, isolate at home (stay away from others) during illness. Get rest and drink plenty of fluids. Learn more about what to do if you are sick.

**More information is online** at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

- If you are at a higher risk of getting very sick with COVID-19 or if your illness is getting worse (e.g., difficulty breathing or persistent fever after using fever-reducing medication) call your healthcare provider.
- If you need emergency medical care, call 911 and notify the dispatch personnel that you may have COVID-19.
- You can download VDH's Daily Symptom Monitoring Log to help monitor your health. It is available online at: [http://www.vdh.virginia.gov/content/uploads/sites/182/2020/03/Daily\\_Monitoring\\_Log.pdf](http://www.vdh.virginia.gov/content/uploads/sites/182/2020/03/Daily_Monitoring_Log.pdf)

## Stay home and avoid contact with others for 14 days from last contact



- If there are others in your household, try to limit contact by staying in a specific room. Use a separate bathroom, if available.
- If you live in the same household as someone sick with COVID-19, stay home and avoid contact with others outside of the home for 14 days after the person who was sick is no longer infectious.

## Do not go to work or school during this period



- As soon as you can, talk to your employer or school. Teleworking or long-distance learning is encouraged if that is an option available for you.
- Your local health department can provide you with a letter excusing you from work or school, if needed.
- Do not take public transportation such as buses, trains taxis, or ride-shares during the time you are monitoring your health.

## Avoid all public spaces, public activities, and group gatherings during this period



- If necessary, your local health department can ensure that your basic needs (for example, food and medication) are being met.
- A family member or friend who did not have any COVID-19 exposures may bring items to your door, but must stay at least 6 feet away from you and may not enter the home.
- Keep your distance from others (about 6 feet or 2 meters).

For advice on how to practice social distancing, visit VDH's Prevention Tips website at <http://www.vdh.virginia.gov/coronavirus/prevention-tips/>

This flyer and additional resources are available on the Virginia Department of Health website at <http://www.vdh.virginia.gov/coronavirus/local-exposure/>

