



What to Do if You Were Potentially Exposed to Someone with Confirmed Coronavirus Disease (COVID-19)

If you have been told that you were potentially exposed to someone with laboratory-confirmed COVID-19, please review the information 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 symptoms 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 10 minutes.
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

If you have **not** been in close contact with a sick person with COVID-19, you are at low risk for infection. You can continue to go to work and school but should monitor your health for 14 days since the contact with the sick person and stay away from others if you get sick.

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 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 person confirmed with COVID-19. You should not go to work or school or socialize and should avoid public places for 14 days.

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 likely have COVID-19.

- You should 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 other 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. For people who think they might have COVID-19 and have mild symptoms, the Centers for Disease Control and Prevention now recommends they stay home and call their doctor if they need medical advice.
- 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.

What if I'm not sure if I have COVID-19?

If you have fever and cough and other symptoms of respiratory illness, even if it is not from COVID-19, you should isolate yourself as if you have COVID-19. This will reduce the risk of making the people around you sick.

What should my family members do?

Anyone in your household or others who have been in close contact with you should stay home for 14 days as much as possible and monitor themselves for symptoms. Close contact means within six feet for at least 10 minutes. If they start having symptoms of COVID-19, they should take the same steps to prevent spreading it. Family members who are healthcare workers, first responders, or others who are needed to respond to the COVID-19 pandemic should review CDC guidance and check with their employers about when to return to work.

When can I return to normal activities?

People who are sick with COVID-19 or believe they might have it should stay home and separate themselves from other people in the home as much as possible. They can go back to their normal activities when they can answer YES to ALL the following questions:

- Has it been at least 7 days since you first had symptoms?
- Have you been without fever for three days (72 hours) without any medicine for fever?
- Have your other symptoms improved?

Reference: <https://www.ncdhhs.gov/>

April 3, 2020