



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

If you think 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.)

Some people get COVID-19 even without a recognized exposure to a sick person. If you have illness symptoms, stay home and away from others. If you think you might have COVID-19, contact your healthcare provider to ask if you can be tested.

What should I do if I had 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 sick person with COVID-19. You should not go to work or school, and should avoid public places for 14 days. You may be contacted for a public health interview. You may be eligible for a COVID-19 prevention study, if interested see below.

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

If you were in contact with someone with COVID-19 and get sick with fever, cough, shortness of breath, or other symptoms that are consistent with COVID-19 (even if your symptoms are very mild), you likely have COVID-19. You should isolate yourself at home and away from other people and pets. Contact your healthcare provider, tell them you were exposed to someone with COVID-19 and are now sick and ask if you can be tested for COVID-19.

See additional guidance for confirmed or suspected COVID-19 disease at:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDcasepositive.pdf>

Discontinuing home isolation

For sick contacts of COVID-19 patients, discontinue home isolation under the following conditions:

- At least 1 day (24 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); AND,
- At least 10 days have passed since symptoms first appeared.

Information on COVID-19 Prevention Study

Help stop coronavirus in its tracks. Find paid research opportunities at www.covid19pepstudy.org for household members or close contacts and at www.covid19treatmentstudy.org for early treatment.