

## **GUIDANCE FOR CLOSE CONTACTS OF INDIVIDUALS DIAGNOSED WITH CONFIRMED (COVID-19) CORONAVIRUS DISEASE (NOT WORKING AT HIGH-RISK SETTING)**

**SOLANO PUBLIC HEALTH | JULY 2020**

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If you have been identified as a **close contact to a confirmed novel coronavirus case**, it is possible that you will develop symptoms sometime in the 14 days after your last exposure to that person. It is also possible you will become infected but show no symptoms of illness.

The guidelines to follow if you live in a household with or had close contact (more than 15 minutes with less than 6-foot distance without wearing a cloth or surgical face mask) with someone diagnosed with COVID-19 during their infectious period, but do not work in a high-risk setting:

- You may continue to work as long as you do not present any of the symptoms mentioned above.
- Monitor your own health daily for symptoms until 14 days after your last exposure. Symptoms include fever over 100.4F, chills, rigors, runny nose, sore throat, cough, shortness of breath, muscle aches, headache, loss of smell, loss of taste, nausea, vomiting, abdominal pain, or diarrhea.
- Wear a facemask/surgical mask while at the workplace.
- Keep at least 6 feet away from other people at all times.
- Do not have visitors in your home.
- If possible, sleep alone in a room that has a window with good airflow.
- If possible, use a separate bathroom. If you can't, clean the bathroom's high-touch surfaces after each use.
- You should use your own plate, bowl, and utensils – do not share these or food with anyone.
- Avoid sharing other personal household items (combs, toothbrush, cups, sheets/blankets etc.).
- Wash your laundry separately with detergent; bleach can be used but is not needed.
- Do not hug or kiss others. Monitor your own health daily for symptoms until 14 days after your last exposure.
- If you are concerned about your exposure, or start to develop symptoms, you can schedule COVID-19 testing with your healthcare provider or with OptumServe through [lhi.care/covidtesting](https://lhi.care/covidtesting) or with CVS Pharmacy.

### **When You Start to Develop Symptoms**

- If you start to develop symptoms, you can schedule COVID-19 testing with your healthcare provider or with OptumServe through [lhi.care/covidtesting](https://lhi.care/covidtesting) or with CVS Pharmacy.
- If you start to develop symptoms, you will need to remain at home for ten days after your symptoms first started. This is because you are infectious for up to ten days after your symptoms first appeared and can infect others you come in close contact with. Do not go out in public or go to work when you are infectious.

### **Social Distancing Practices**

Please follow the following practices to prevent the spread of coronavirus in our community:

- Cover your mouth with tissue when coughing or sneezing and throw the tissue away.
- Wash your hands frequently throughout the day with soap and water for at least 20 seconds, especially:
  - Before and after preparing food for yourself (do not prepare food for others)
  - Before and after eating
  - After going to the bathroom
  - After sneezing, blowing your nose, or touching your face
- Wipe down surfaces that you touch frequently with disposable cloths using bleach if possible or household cleaners. Your bathrooms should be cleaned every day using a household disinfectant. Wear gloves while cleaning if possible.