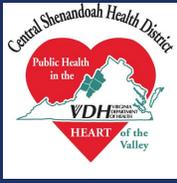


What to do if you were exposed to someone with confirmed coronavirus disease (COVID-19)?



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:

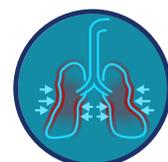
Fever



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

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/>

