

# I think I had contact with a presumptive or confirmed positive case. What should I do?

(Updated March 20, 2020)

**If you had close contact (within 6 feet for 30 minutes or more) with a person who tested positive for COVID-19 while they were symptomatic or within 48 hours before their symptoms started:**

- You need to quarantine at home for 14 days. Take your temperature 2x per day and monitor for fever, cough, or difficulty breathing.
- You can have contact with people in your household and they can continue to leave home as long as you are not symptomatic.
- If you had contact (within 6 feet for less than 30 minutes) with a person who has tested positive for COVID-19 while they were symptomatic or within 48 hours before their symptoms started:
- No quarantine is recommended. Monitor for symptoms for 14 days and contact healthcare provider if symptoms develop.

**If you have been in the same room (more than 6 feet away) at the same time as a person who tested positive:**

- No quarantine is recommended. Monitor yourself for symptoms for 14 days and contact a healthcare provider if symptoms develop.

**If you have been in a room at a different time than a person who tested positive:**

- No action is needed. You are not considered a contact.

**If you have had contact with someone who has been in contact (no direct contact) with a person who has tested positive:**

- No action is needed.
- You can monitor yourself for symptoms and contact a healthcare provider if symptoms develop.