

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

(Updated April 7, 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.

If you have had any contact with someone who is sick but does not have a positive test result:

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