



Close Contact Guidance



What do I do if I have been identified as a close contact of a COVID-19 positive individual?

If you have been identified as a close contact to a positive person, please follow quarantine guidelines for 14 days after the last exposure to that individual. During this 14 days, if you develop symptoms, follow isolation guidelines and be tested. If you have any questions, you may call your school nurse, the local health department, or your medical provider.

Quarantine and Isolation protect the public by preventing exposure to someone who has or may have a contagious illness such as COVID-19.

Quarantine

Is for those identified as a close contact to a positive individual. Quarantine separates and restricts movement of people who were exposed as this allows for the time to see if this person becomes sick due to exposure from the illness.

For people who are **NOT SICK** but may have been exposed. Follow for 14 days .



You may or may not become sick.



You must stay home or at another location so you don't unknowingly spread the illness.



Watch for symptoms; if you become ill, seek medical advice.



Remain quarantined for 14 days after your last contact with the ill person, even if testing negative before 14 days are up.

Isolation

separates sick people with a contagious illness from people who are not sick.

For people who are **ALREADY SICK**



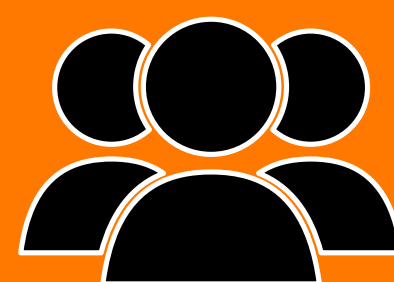
Isolation in a home means separating yourself from others within the house.



You should seek medical treatment if you cannot manage symptoms.



Stay at home. Do not leave home except to get medical care. Do not visit public areas or attend large gatherings.



You may stop isolation if 10 days have passed since your symptoms first started AND you have had no fever for 24 hours AND your symptoms have improved.