

Novel Coronavirus 2019 (COVID-19) Outbreak: Guidance for Social Distancing for **Close Contacts****

If you **were in close contact (within 6 feet for longer than 10 minutes), but do not live in the same home**, with someone with **respiratory symptoms** (cough or shortness of breath) **OR** someone with **COVID-19**, you should **practice social distancing**:

- **Stay at home as much as possible for 14 days after your last exposure to ill person**, except to go to work (telework, if possible), get essential medical care, prescriptions, and food.
- **Call ahead** before visiting your doctor and reschedule all non-essential medical appointments.
- **Cover** your coughs and sneezes.
- **Wash your hands** and avoid touching your eyes, nose, and mouth.
- **Monitor your temperature & symptoms** for 14 days after you last contact with the ill person.
 - **Temperature monitoring:** Please take and record your temperature daily.
 - **Symptom monitoring:** the following symptoms could be associated with COVID-19: fever, cough, difficulty breathing or shortness of breath, chills, repeated shaking with chills, sore throat, muscle/body aches, headache, and new loss of taste/smell.

If you develop fever or any of the symptoms listed during the 14-day monitoring period:

- 1) Get tested for COVID-19 with a PCR test (nose swab) at a healthcare facility or drive-thru testing site.
- 2) If you have **symptoms and tested positive** for COVID-19, you should:
 - Remain in home isolation until **10 days** have passed since your **symptoms first started AND**
 - At least **3 days (72 hours)** have passed since your **fever (including chills, shakes, and body/muscle aches) has gone away** without the use of fever-reducing medications **AND** your **respiratory symptoms (cough, shortness of breath, difficulty breathing, sore throat, and loss of taste/smell) have improved.**
- 3) If you have **symptoms and tested negative** for COVID-19 (or you do not get tested), you should:
 - Stay home and away from others until **3 days (72 hours)** have passed since your **fever (including chills, shakes, and body/muscle aches) has gone away** without the use of fever-reducing medications **AND** your **respiratory symptoms (cough, shortness of breath, difficulty breathing, sore throat, and loss of taste/smell) have improved.**
- 4) **Should you elect to seek healthcare please call ahead before going to your medical appointment**, be sure to tell your healthcare provider about your travel or your close contact with someone who is confirmed to have, or being evaluated for, COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected.

*For more information, please visit the CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/>

**Current as of 5/5/20. Recommendations are subject to change as the situation evolves.