

COVID Close Contact

What should I do if I am a close contact (exposed) to someone who has tested positive for COVID-19?

Considered a close contact if you have been within 6 feet for more than 15 minutes with someone who tests positive, **with or without a face covering**.

Time frame starts two days before the positive person's symptoms started or two days before the positive test if asymptomatic. Time frame ends once the positive person is cleared to discontinue home isolation, which is typically 10 days after their symptoms started or their test date if asymptomatic.

Everyone living in a house with someone who is positive should consider themselves to be a close contact (household contact) and should follow the quarantine protocol. Persons living with someone who is positive must ensure the positive roommate remains isolated because any repeat exposure **restarts** the 14-day quarantine.

Close contacts must self-quarantine for 14 days after the last exposure and self-monitor for symptoms of COVID-19. Self-quarantining means staying home and not being within six feet of anyone for more than 15 minutes. We recommend that household contacts (e.g. roommates) be tested right away. Other close contacts should be tested within 3-7 days. If you have previously tested positive for COVID-19 in the past 3 months you are not required to test again or self-quarantine.

While self-quarantining in a house with roommates, the close contact should wear a mask whenever not alone in the house, stay at least 6 feet away from others, practice vigorous hand and home hygiene, and not share a bathroom.

Secondary contacts of a close contact are not considered close contacts. Household members of a close contact are not required to quarantine.

COVID Positive Isolation and Discontinuation

What should I do if I have tested positive for COVID?

If tested positive you are required to self-isolate for 10 days starting with the date the symptoms first appeared or the date of your test if asymptomatic.

During isolation please follow the guidelines below:

- Stay home – only leave for medical care or an emergency, avoid public transportation.
- Separate from other people and animals – stay in a different room, use a separate bathroom, keep 6' from yourself and others, wear a face covering if you leave your room.
- Wear a face covering if around others.
- Use appropriate hygiene – wash hands often for at least 20 seconds with soap and water, avoid touching eyes, nose, or face with unwashed hands, sneeze or cough into your elbow or use a tissue to cover your mouth/nose.
- Do not share items such as dishes, glasses, utensils, towels, etc. with others. Wash with soap and water.
- Clean high touch surfaces frequently

- Monitor your symptoms – use the symptom screening card and thermometer provided in your Baylor Family First Kit

If positive with symptoms can discontinue isolation when 10 days have passed since symptoms first appeared AND at least 24 hours have passed since the last fever (without medication) AND the respiratory symptoms are improving.

If positive and no symptoms can discontinue isolation 10 days after first positive test if does not develop any symptoms.

<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>