

# Instructions for Individuals with Close Contact

You are being directed to quarantine because you may have been exposed to someone with COVID-19

Date of Exposure \_\_\_\_\_

## Stay Home for 14 Days from Date of Exposure

***Date of exposure is considered Day 0***



Watch for fever (100.4 ° F), cough, shortness of breath, loss of taste or smell and other symptoms of COVID-19. If you become sick, call a healthcare provider and get tested for COVID-19.



You should stay away from others, especially vulnerable individuals:

- Anyone with chronic health conditions
- Elderly individuals

## COVID-19 Testing



The Chester County Health Department recommends all close contacts get tested when they begin showing symptoms OR get tested 7 days after exposure for those who do not show symptoms.

Testing sites are located throughout the county. For more information and to schedule a test use this QR code or visit: <https://bit.ly/cchdtesting>



### + Positive Test Result +

Isolate for 10 days



24 hours without a fever  
(no use of fever-reducing medications)



Symptoms have improved

### Identify and inform close contacts



- Less than 6 feet for 15 minutes or more
- **AND** 48 hours before symptoms began or specimen for test was collected

### - Negative Test Result -



Continue quarantine until 14 days from the date of your exposure

## Returning to Normal Activities



Individuals must stay home for 14 days after their last contact with a person who has COVID-19. Even if you test negative for COVID-19 or feel healthy, you must stay home (quarantine). Quarantine guidance is important to follow because symptoms may appear 2 to 14 days after exposure to the virus.



Additional resources and guidance can be found at [Chesco.org/coronavirus](https://Chesco.org/coronavirus)  
If you have questions, please contact 610-344-6225