


# 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 Quarantine Period

**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


**A 14-day quarantine period is recommended as it offers the most protection from spreading COVID-19 to others.** When a 14-day quarantine is truly not possible, the following alternatives are acceptable:

- Option 1: No test and no symptoms, quarantine may end after day 10.
- Option 2: Negative test result on or after day 5, quarantine may end after day 7.

Vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all of the following criteria:

- Are fully vaccinated ( $\geq 2$  weeks following last dose in series)
- Have remained asymptomatic since the current COVID-19 exposure



## COVID-19 Testing

 The Chester County Health Department recommends all close contacts get tested when they begin showing symptoms OR get tested 5 to 7 days after exposure for those who do not show symptoms. Testing sites are located throughout the county.

To find a testing site near you, scan the 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

 Stay home until quarantine requirements are met. Specific guidance can be found online at [chesco.org/coronavirus](https://chesco.org/coronavirus) on the "**Sick or Close Contact**" resource page

## Returning to Normal Activities

 Individuals must stay home until quarantine requirements are met. 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. For individuals with on-going exposure, such as continued household exposure, quarantine does not start until the COVID positive case completes their 10 day isolation period.



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