

INSTRUCTIONS FOR INDIVIDUALS WITH CLOSE CONTACT

You are being directed to quarantine because you have been identified as a close contact.

Date of Exposure _____

What is Considered a Close Contact?



General Public A "close contact" is defined as either:

- Being within approximately 6 feet of a COVID-19 case for a prolonged period of time **OR**
- Having direct contact with infectious secretions of a COVID-19 case, such as being coughed on



K-12 Indoor Classroom Setting/ Structured Outdoor Setting The "close contact" definition excludes students who were within 3 to 6 feet of a student with COVID-19 where:

- Both students were engaged in consistent and correct use of well-fitting masks **AND**
- Other K-12 school prevention strategies were in place in the K-12 school setting

This exception does not apply to teachers, staff, or other adults in the indoor classroom setting or structured outdoor setting.

Stay Home for Quarantine Period

Date of exposure is considered Day 0
Scan the QR Code to Calculate Your Quarantine Period

Source: South Dakota Dept. of Health



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.



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



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.



Fully vaccinated persons with a COVID-19 exposure who have remained asymptomatic are not required to quarantine, although, it is recommended for these individuals to **get tested 5 - 7 days after your exposure**, even if you don't have symptoms.



You should **also wear a mask indoors in public** for 14 days following exposure or until your test result is negative.

COVID-19 Testing



The Chester County Health Department recommends all close contacts get tested when they begin showing symptoms **OR** get tested at least 5 days after exposure for those who do not show symptoms. Find a test site near you. <https://bit.ly/testchesco>



Positive Test Result



Identify and inform close contacts



Isolate 10 days



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



Symptoms have improved



Negative Test Result



Stay home until quarantine requirements are met.

Additional resources and guidance can be found at [Chesco.org/coronavirus](https://chesco.org/coronavirus)

Questions?
Call 610-344-6225

