COVID-19: How to Notify Your Contacts

If you have COVID-19, it is important that you notify people you had <u>close contact</u> with while contagious.*
This includes everyone who:

- Has been within 6 feet of you for a total of 15 minutes or more over a 24-hour period, or,
- Has been directly exposed to your respiratory secretions (e.g., coughed or sneezed on, shared a glass/utensils, kissed, etc.), or,
- Lives with you, or,
- You provide care for.

*You are considered contagious starting 2 days before you became sick (or 2 days before your test specimen collection if you never had symptoms) until you complete isolation.

Sample message to your close contacts:

"Hi. I have been diagnosed with COVID-19 (or coronavirus). I'm reaching out because when we last met, you may have been exposed.

Although most cases of COVID-19 will be mild, the Health Department recommends that you:

- **Stay home (quarantine) and monitor your health for 14 days** after we last interacted. Staying home for 14 days is the safest option. If you are not able to stay home for 14 days and you do not have symptoms, you may leave home after Day 10 without testing or after Day 7 if a PCR or antigen test performed on or after Day 5 is negative. If you have recovered from COVID-19 or been fully vaccinated for COVID-19, you might not need to stay home, but should watch for symptoms for 14 days and continue to wear your mask and watch your distance (with some exceptions for fully vaccinated people), avoid crowds, and wash your hands. See www.vdh.virginia.gov/coronavirus/local-exposure/ for more information.
- **Contact your healthcare provider to ask about getting tested.** The best time to get tested is 5 days or more after your last exposure. Even if you test negative, you should stay home until at least 7 days after your exposure. You should also monitor your symptoms and be safe (e.g., wear a mask, stay at least 6 feet from others, wash hands often) for 14 days after your exposure.
- **Seek medical attention immediately if you have a medical emergency.** Emergency warning signs of COVID-19 include trouble breathing, pain or pressure in the chest, confusion, or pale, gray or blue-colored skin, lips or nail beds, depending on skin tone.
- **Keep your distance from others** (at least 6 feet) including in your home if possible. Do not share items with others. Use a separate bedroom and bathroom, if possible.
- **Wear a mask** or cloth face covering that fits snugly against your face and covers your nose and mouth when around others.
- **Wash your hands often** with soap and water for at least 20 seconds or use an alcohol-based hand-sanitizer.
- **Clean and disinfect high-touch surfaces at least daily** (e.g., doorknobs, light switches, phones, remote controls, etc.)**.**
- **Answer the call.** Your local health department will attempt to contact you with more recommendations. If the number of COVID-19 cases is high in your area, the health department may not be able to call you.
- **If you test positive for COVID-19,** please notify your local health department and your close contacts. Your close contacts will need to receive all the guidance I am providing you today.

If you have questions, visit www.vdh.virginia.gov or call 877-ASK-VDH3

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First day of symptoms (or if never had symptoms; day tested positive for COVID-19): _____

Subtract two days: _____ (start of contagious period)

> **Things to think about. Have you recently:**
>
> - Gone to work or school?
> - Gotten together with others?
> - Gone to a store in person?
> - Gone to any in-person appointments?
> - Ridden in a car with others or taken public transportation?
> - Been inside a place of worship?

List all people in your household while you were contagious *(including people who live with you, people who may have visited, or people providing in-home services):*

_____   _____

_____   _____

List other people you had close contact with while you were contagious,

At work or school:

_____   _____

_____   _____

In or near your home:

_____   _____

_____   _____

At any other places you have visited:

_____   _____

_____   _____