

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 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.

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.



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 3-5 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 5 to 7 days after exposure for those who do not show symptoms.



Find a test site near you. Scan the QR code or visit: <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

