COVID POSITIVE. NOW WHAT?

You have COVID-19 symptoms or tested positive for COVID-19.
You can protect your friends and loved ones from getting sick too.

1. **Isolate from everyone.**
2. **Tell your close contacts to quarantine.**
   Reach out to your close contacts. Tell them to self-quarantine to protect others and limit the spread of illness.

You have COVID-19 and need to self-isolate. What does this mean?

Avoid contact with other people in your home. When possible, staying in a separate room greatly reduces spread of COVID-19.

You can end isolation when:
- It has been at least 10 days since your symptoms first appeared
- **AND** you have had no fever for at least 24 hours without fever-reducing medicine
- **AND** all other symptoms have improved.

Who are your close contacts?

Your close contacts are people who came within 6 feet of you for a total of 15 minutes or more within a 24 hour period while you were infectious. This may include household members, close friends, coworkers, and others who you have been close to while infected.

This does not include people who you had passing contact with (such as in a store, at a drive thru window, or while jogging).

Close contacts who are NOT fully vaccinated should self-quarantine. What does this mean?

They should stay home for 14 days from the date of their last contact with a person who has symptoms or tested positive for COVID-19. While self-quarantined, they should monitor for symptoms, wear a mask and give space to other people in their household to prevent exposing them.

Not everyone who has been close to someone with COVID-19 will be infected. When people self-quarantine they limit the chance they will spread the disease if they are infected but are not sick or symptomatic.

It is very important that you self-isolate and tell your close contacts who are not fully vaccinated to self-quarantine. Your health and the health of others depends on it. Thank you for your cooperation and help during the COVID-19 pandemic! Read on for more information.

www.NEtracing.org

COVID POSITIVE. STOP THE SPREAD.
## Who are my close contacts?

If you are diagnosed with COVID-19, talk to each person you have potentially exposed to the virus. **Tell anyone who is NOT fully vaccinated to self-quarantine.**

Tell fully vaccinated people to watch for COVID-19 symptoms and wear a mask for 14 days from their last exposure. They should stay home and seek testing right away, if they develop any symptoms.

How to figure out who your close contacts are.

☑ **Step 1** **Find the first day you felt sick on your calendar.**
Find the day you first felt sick or noticed something was off, even if it was very mild (such as: you felt overly tired, had a scratchy throat, etc.). **Then mark the date that is 48 hours (2 days) *before* that day.** This virus can spread for several days BEFORE illness.

What's my infectious period?

start

end
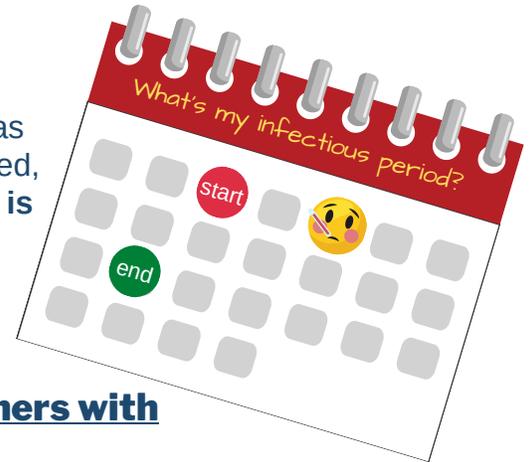
☑ **Step 2** **Find the dates you could infect others with COVID-19.**
It is possible to spread the virus to others starting 48 hours (2 days) *before* the day you first felt sick through the 10th day *after* your symptoms began.

Questions to help you remember your close contacts.

On the dates you were infectious, did you...
- Go to work or school?
- Get together with others? (ate out at a restaurant, went to a sporting event, went out for drinks, exercised with others or went to a gym, had friends or family over to your house, volunteered, went to a party, or a park, attended a special event)
- Spend time inside a church, synagogue, mosque or other places of worship?
- Go to in-person appointments? (salon, barber, doctor's or dentist's office)
- Ride in a car with others or used public transportation?

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NALHD
Nebraska Association of
Local Health Directors

COVID POSITIVE. STOP THE SPREAD.
Who are my close contacts?

☑ **Step 3** <u>**Make your close contacts list.**</u>
Write down every person you were...
- **within 6 feet of**
- **for a total of 15 minutes**

on any of the days you were infectious (could have been spreading COVID-19). These are your close contacts. Note the date you saw them and where.

My Close Contact List

Name	Phone Number	Date last saw them	Place last saw them

☑ **Step 4** <u>**Call each person on your list**</u> **NOW!**
Share the information in this packet to help your close contacts understand quarantine. **Tell all of your close contacts that they have been exposed to COVID-19 and should self-quarantine if they are not fully vaccinated.**

➡ If one of your close contacts is a healthcare worker, or if one of your close contacts is ill, tell them to reach out to their doctor or their local health department.

We need your help!

Many times, local health departments are not able reach close contacts. By contacting the people you may have exposed, you are protecting the people you have been in contact with and helping to control the spread of COVID-19.

www.NEtracing.org

NALHD
Nebraska Association of Local Health Directors

COVID POSITIVE? STOP THE SPREAD.
What do I tell my close contacts?

What to tell your close contacts who are not fully vaccinated...

How to self-quarantine:

➡ **Stay home and follow the How To Quarantine guidance.**
Note: It can take up-to 14 days for an infected person to test positive after they are exposed.

➡ **Watch for the symptoms of COVID-19.**
Remember, symptoms may appear 2-14 days after exposure to COVID-19 and can include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Tiredness
- Muscle or body aches

- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

➡ **Wear a mask and give space to the people you live with, to prevent exposing them to COVID-19.**

NOT everyone who has been close to someone with COVID-19 will develop COVID-19. When unvaccinated people self-quarantine, they limit the chance they will spread the disease if they are infected but do not feel sick or are not symptomatic.

Find more information on quarantine AND isolation at these websites:
www.cdc.gov
www.dhhs.ne.gov/coronavirus
www.nalhd.org/about-us/nebraska-local-health-departments

I feel sick and need help. What should I do if I am self-isolating or self-quarantining?

Call your doctor, tell them about your symptoms and ask them what to do. **DO NOT** show up at their clinic before calling them.

If you have a medical emergency and need to call 911, tell them that you have COVID-19 symptoms. If possible, put on a facemask that covers your nose and mouth before emergency medical services arrive.

4

COVID EXPOSED & <u>NOT</u> VACCINATED

HOW TO QUARANTINE

If you have been within **6 feet** of someone with COVID-19 for a total of **15 minutes** or more on any day that they may have been infectious, you should quarantine.

PROTECT OTHERS

Especially if you live with someone who is <u>not</u> vaccinated OR is at high risk of severe disease...

WEAR A MASK

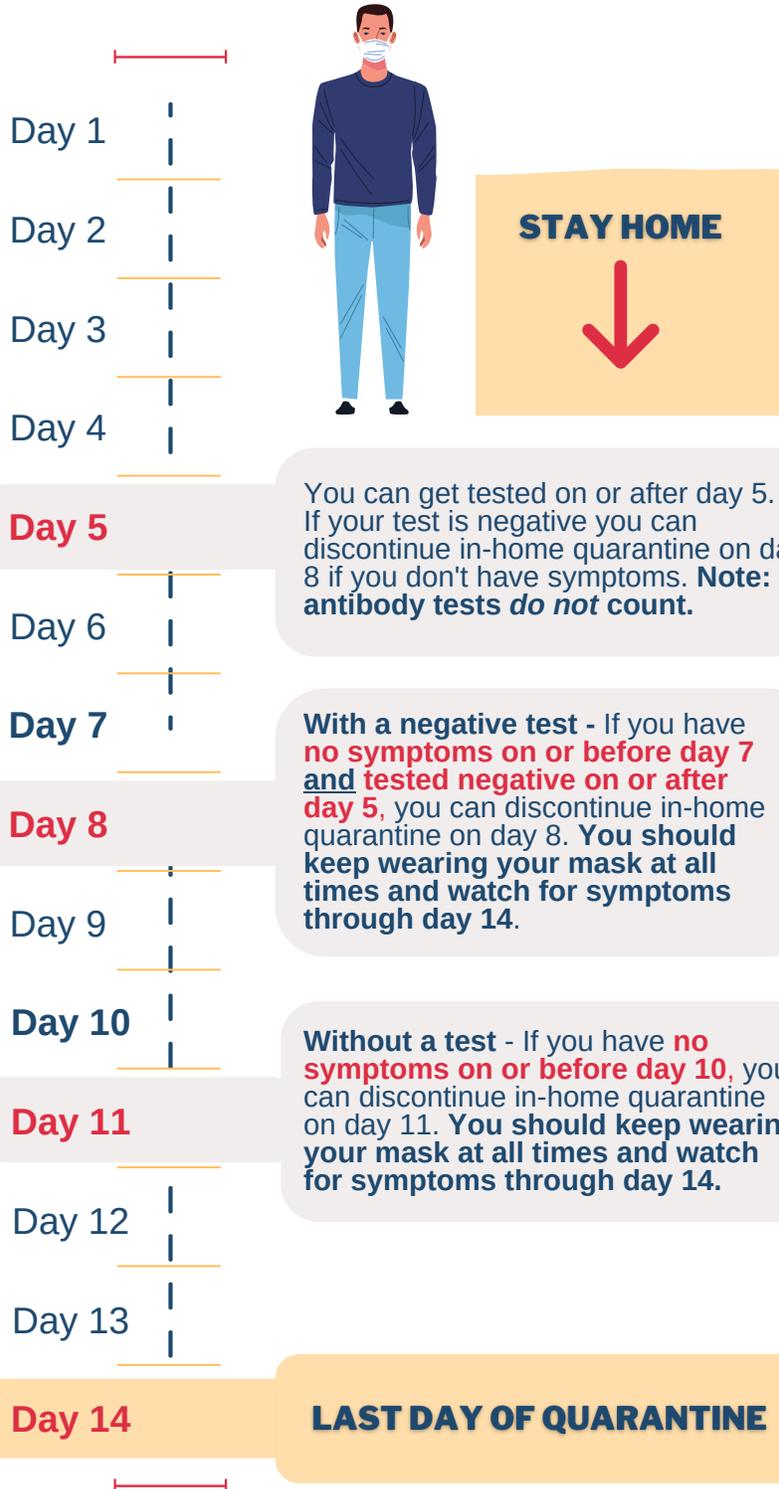### WATCH YOUR DISTANCE
← (6 Feet) →

WASH YOUR HANDS OFTEN

WATCH YOURSELF FOR SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you have COVID-19 symptoms

Isolate and call your doctor or local health department.

Day 1
Day 2
Day 3
Day 4
Day 5
Day 6
Day 7
Day 8
Day 9
Day 10
Day 11
Day 12
Day 13
Day 14

STAY HOME ↓

You can get tested on or after day 5. If your test is negative you can discontinue in-home quarantine on day 8 if you don't have symptoms. **Note: antibody tests *do not* count.**

With a negative test - If you have **no symptoms on or before day 7 <u>and</u> tested negative on or after day 5**, you can discontinue in-home quarantine on day 8. **You should keep wearing your mask at all times and watch for symptoms through day 14.**

Without a test - If you have **no symptoms on or before day 10**, you can discontinue in-home quarantine on day 11. **You should keep wearing your mask at all times and watch for symptoms through day 14.**

LAST DAY OF QUARANTINE

IF YOU ARE COVID EXPOSED AND FULLY VACCINATED, WATCH FOR SYMPTOMS AND WEAR A MASK FOR 14 DAYS.
You are fully vaccinated 14 days after your final vaccine dose.