Guidance for Close Contact
for Coronavirus Disease 2019 (COVID-19)

This guidance is for individuals who have been in close contact with someone who has COVID-19.
If you work in a healthcare setting, please refer to your employer for guidance.

If you have just learned of a possible exposure to COVID-19, then someone you have been in close contact with has tested positive. They may have spread the disease to you and others. **Close contact** includes sharing the same indoor airspace (e.g., home, clinic waiting room, airplane) for a cumulative total of 15 minutes or more over a 24-hour period during a person's infectious period.

Being exposed does not mean that you have COVID-19 or will get COVID-19. It DOES mean you should take steps to protect yourself and those around you in case you have been infected. Your actions can help prevent the spread of the disease during this epidemic.

Who needs to quarantine?

According to California Department of Public Health (CDPH), regardless of vaccination status, quarantine is no longer required for asymptomatic people in the general public regardless of vaccination status. This excludes people living or working in high-risk settings, like healthcare settings, longterm care settings, and adult and senior care facilities.

If you do not live or work in a high-risk setting, you are not required to quarantine, but take the following precautions to keep yourself and those around you safe:

- Test (either PCR or antigen) when you learn you have been exposed and again 3-5 days after, even if there are no symptoms, to make sure you do not have COVID-19.
    - If you were infected within the prior 30 days do not need to be tested unless symptoms develop.
- Wear a well-fitted mask, especially indoors and around those at higher risk for severe COVID-19 disease, for 10 days following exposure, even if you test negative.
- You are strongly encouraged to get vaccinated or boosted.
- Monitor your health for COVID-19 symptoms: Isolate and test if symptoms develop.

Who may need to follow different guidelines?

Please note that guidelines may be different for those living or working in certain high-risk settings. These include:

- Emergency shelters and cooling and heating centers
- Healthcare settings
- Homeless shelters
- Jails, prisons, and detention centers Long-term care settings & adult and senior care facilities

Your employer or place of residence may have different requirements, especially as mentioned in high-risk settings. In the workplace, employers are subject to the Cal/OSHA COVID-19 Prevention Emergency Temporary Standards (ETS) or in some workplaces the Cal/OSHA Aerosol

Transmissible Diseases (ATD) Standard (PDF), and should check these resources for any additional requirements. Talk to your employer and see the Cal/OSHA FAQs for more information.

How should I monitor my health during this period?

Monitor your health and watch for signs and symptoms of COVID-19, which may include any of the following:

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Fatigue
- Muscle or body aches

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

What if I develop symptoms?

If you develop any of the symptoms listed above, you may have COVID-19. Most people with COVID-19 will have mild illness and can self-isolate and recover at home. However, if you are at an increased risk for serious illness if infected, because of your age or an underlying health condition, let your healthcare provider know about your symptoms and seek medical care early if your symptoms get worse. See the Home Isolation Instructions for COVID-19 for more information about isolation.

How can I get tested?

All San Diego County residents are eligible for free testing. Call your healthcare provider if you have health-related concerns or questions about the need for testing. Please **do not** go to the emergency department just to seek COVID-19 testing. If you are not able to get tested through your healthcare provider, you can receive free at-home test kits through the United States Postal Service. The County of San Diego also has free testing for COVID-19 at locations throughout the county. Visit the Testing webpage to find a testing site and schedule an appointment online or call 2-1-1. *Some testing sites may not require an appointment.*

Are any treatment options available?

Yes, **FREE treatment** is available for people who recently tested positive for COVID-19 and have symptoms OR to help prevent COVID-19 among some people who have been exposed to COVID-19.

Please talk to your doctor first to find out if you qualify for treatment.

You may qualify for treatment if:
1. You tested positive for COVID-19 **AND**
2. Your symptoms began within the last 5 days (antiviral pills) **AND**
3. You are at high risk of getting very sick from COVID-19

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People 12 years and older are treated at Monoclonal Antibody Regional Center (MARC). Contact your child's pediatrician or provider if you are seeking treatment for a child under 12 years of age. See the patient handout to learn more about free treatment. Call the MARC at **(619) 685-2500** to schedule an appointment if you meet eligibility criteria and cannot access treatment through a doctor. For questions, please email the MARC at COVIDtreatment@sdcounty.ca.gov.

Please **do not** go to the emergency department just to seek antiviral treatment or COVID-19 testing. Our emergency departments are impacted by the number of COVID-19 cases and should be reserved for people with urgent medical conditions.

Visit the County of San Diego Treatment for COVID-19 website for more information.

Make a note of when your symptoms started. You should continue to isolate yourself and follow the guidance in the Home Isolation Instructions for Coronavirus Disease (COVID-19). If your symptoms worsen or don't improve and you need to seek medical care, make sure you put on a mask or face covering before you enter the facility to protect others from catching the infection from you. If you require emergency assistance, call 9-1-1 and let the operator know you are a close contact to a person with confirmed COVID-19.

What if I need to seek medical care?
If you are experiencing any mild to moderate symptoms of COVID-19, such as those listed above, you can call your healthcare provider to get advice by phone or telemedicine. Be sure to tell them that you are a close contact to someone with COVID-19.

If you need to seek any medical care, use a personal vehicle if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver, wear a well-fitted mask, and leave windows down. You should not use public transportation.

Call 911 if you are experiencing any symptoms that require emergency assistance, such as:
- Trouble breathing
- Persistent pain or chest pressure
- New confusion
- Inability to wake up or stay awake
- Bluish lips or face

What should I do if I have additional questions?
Visit our website www.coronavirus-sd.com for more information, resources, and guidance. If you have health concerns, please contact your healthcare provider. If you do not have a healthcare provider, are uninsured, or need help finding community resources or scheduling a test, call 2-1-1 for assistance.