COVID-19 Patient Exposure

You were potentially exposed to someone with the virus during your hospital stay. The following information provides you instructions on what you should do to help stop COVID-19 from spreading to others if you become sick.

Social distance and prevent the spread of COVID-19

- If you are fully vaccinated:
  - Home quarantine is not needed
  - Get tested for COVID-19 between days 3-5 post exposure (day 0 is date of last exposure)
  - Wear a mask indoors in public for 14 days post-exposure or until post-exposure COVID-19 test is negative

- If you are not fully vaccinated:
  - Stay at home in quarantine until your post-exposure COVID-19 test is negative and 7 days have passed post-exposure
  - Get tested for COVID-19 on day 7 (no earlier than day 5) post-exposure (day 0 is the date of last exposure)
  - If you choose not to get tested, then remain in quarantine for 10-14 days post-exposure

- If you are recently recovered from COVID-19 within the last 90 days:
  - Home quarantine is not needed
  - Wear a mask indoors in public for 14 days post-exposure
  - Self-monitor for symptoms and if they develop, consult a health care professional for testing recommendations

- Separate yourself at least 6 feet from other people and animals in your home
- Cover your coughs and sneezes
- Wash your hands often and avoid touching your eyes, nose, and mouth
- Do not share household items (like dishes, towels, or bedding)
- Clean the things you frequently touch (like your phone and doorknobs) everyday
- Stay home except to get medical care
- Call before going to the doctor or emergency room

See reverse for more information ➔
Monitor your symptoms

- Watch for fever, cough, or shortness of breath
- Check your temperature 2 times a day. A fever is a temperature above 100.0°F
- Seek medical care right away if you have:
  - Trouble breathing
  - Pain or pressure in your chest that does not go away
  - Confusion or are not able to be woken up
  - Bluish lips or face

To learn more:

- Go to cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html
- Call 319-384-8819 if you have general questions about COVID-19
- Call 319-384-9010 if you have symptoms and would like to schedule an appointment with your provider
- Call 911 if you have an emergency

Public Health Department

People with potential exposure to COVID-19 may be contacted by the Iowa Department of Public Health. This is done to help lessen the spread of COVID-19. They may ask questions, such as:

- Have you had symptoms of COVID-19?
- Have you had contact with anyone since you left the hospital?