WHAT TO DO IF:

You were potentially exposed to someone with confirmed coronavirus disease (COVID-19)

If you think you were exposed to someone with lab-confirmed COVID-19, follow these steps to watch your health and not spread it to others if you get sick.

What is COVID-19 (Novel Coronavirus 2019)?

It is a respiratory disease caused by a new virus called SARS-CoV-2. Symptoms of COVID-19 are:

- Fever
- Chills
- Cough
- Hard time breathing
- Feeling very tired
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting (throwing up)
- Diarrhea
- Changes in taste or smell

Most people with COVID-19 will have mild disease, but some people will get sicker and may need to be in the hospital.

How do I know if I was exposed?

You are at a higher risk of getting infected with COVID-19 if you were in close contact with a person with lab confirmed COVID-19 during the time frame that they were infectious.

Close contact would be:

- Living in the same house as someone infected with COVID-19 – even if that person doesn't have any symptoms
- Caring for a sick person with COVID-19 without using personal protective equipment (PPE)
- Being within 6 feet of a sick person with COVID-19 for a total of 15 minutes or more over a 24-hour period without both of you wearing a face mask
- Being in direct contact with secretions from a sick person with COVID-19:
  - Kissing, sharing utensils, coughing in your face when that person was not wearing a face cover or mask

When is a person with COVID-19 infectious?

If a person with COVID-19 has symptoms, they are infectious 48 hours before they started to have symptoms until they meet criteria to stop self-isolation:

- They do **not** have a fever for at least 24 hours. That is 1 full day of no fever without the use of medicine that lowers fevers.

and

- Their other symptoms are getting better, such as their cough or shortness of breath.

and

- It has been at least 10 days since their symptoms first started.

Sometimes people with lab confirmed COVID-19 do **not** have any symptoms of illness and only find out they have COVID-19 after having a test.

Their infectious period:

- Starts 48 hours before their first test result showed COVID-19.
- Ends 10 days after the person's first positive test result.

What should I do if I am not sure if I was exposed to someone with COVID-19 while they were infectious, but I am not sick?

Tell a Respiratory Clinic Telemedicine provider through a MyChart video visit or call 319-384-9010. They can help you decide the best time to test you for COVID-19 and how to keep yourself and others safe.

If I was in close contact to someone with COVID-19, do I need to stay home from work or school?

If you have had a high-risk exposure to a person with COVID-19, you should quarantine, even if you test negative for COVID-19. While you are in quarantine you should stay home, separate yourself from others, and monitor your health.

During quarantine, you should do the following to help keep yourself and others safe:

- Do **not** use public transportation, ridesharing, or taxis.
- Stay at least 6 feet away from other people and animals in your home.
- If you can, stay in a different room than the other people in your home.
- Do **not** make food for others while you are in quarantine.
- Cover your coughs and sneezes.
- Wash your hands often. Do **not** touch your eyes, nose, and mouth.
- Do **not** share household items, such as dishes, towels, or bedding.
- Clean the things you touch often each day, such as your phone and doorknobs.
- Stay home except to get health care.
- Call before going to the doctor or emergency room.

If you work outside the home, call your employer or supervisor right away to decide whether you will have work restrictions and when it is safe to go back to work.

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If you are an essential worker or critical infrastructure employee, your employer may direct you to continue working. In this case you should:

- Watch yourself for symptoms of COVID, such as fever, cough, shortness of breath, sore throat, loss of taste or smell, runny or stuffy nose, headache, body aches, nausea, or vomiting. These symptoms can be very mild – while in quarantine pay very careful attention to how you are feeling.
- Take your temperature 2 times per day. Call your health care provider if your temperature is greater than 100 degrees Fahrenheit (100.0˚ F).
- If you do **not** have symptoms, do **not** go out in public except for when you are directed to go to work
  - You must wear a mask or face covering at all times while at work.
- If you have to eat or drink while you are at work, make sure you are at least 6 feet away from everyone else when you do.
- If you have symptoms, do **not** go to work or out in public.
  - Call your employer and your healthcare provider right away.

What should I do if someone I am in close contact with has symptoms of COVID-19 but hasn't been tested yet?

When someone has COVID-19, they are contagious even before they develop symptoms. If you have close contact with someone who has symptoms but hasn't yet been tested, you could already be infected. If at all possible, start quarantining yourself at home until your contact gets their test results. If their test is positive or if a doctor tells them that they have COVID-19, keep going with the quarantine. If their test is negative, return to your normal routine.

Can I stop quarantining if I test negative for COVID-19?

If you were exposed to someone who has lab confirmed COVID-19, a Respiratory Clinic Telemedicine provider will determine on which date(s) you need to be tested. Iowa Department of Public Health recommends that you complete a 14-day in-home quarantine if possible. However, if a 14-day quarantine cannot be completed, there are options for early release from in-home quarantine.

- Early release after 7 days of in-home quarantine may be considered if you remain without symptoms and have a negative test on or just before the 7th day. However, during the remaining 7 days of quarantine, you must:
  - Continue to monitor for symptoms of COVID-19
  - Wear a mask at all times
  - Maintain social distance
  - Follow all other safety measures recommended by public health
- Early release after 10 days of in-home quarantine may be considered if you remain without symptoms without any testing. However, during the remaining 4 days of quarantine you must:
  - Continue to monitor for symptoms of COVID-19
  - Wear a mask at all times
  - Maintain social distance
  - Follow all other safety measures recommended by public health

What should I do if I am in close contact with someone with COVID-19 and I get sick?

If you get sick with fever, cough, shortness of breath, sore throat, less of taste or smell, runny or stuffy nose, headache, body aches, nausea, or vomiting (even if your symptoms are very mild), you likely have COVID-19.

- Stay home and away from other people.
- Make a video visit online with a provider through MyChart or call 319-384-9010. They may want to watch your health more closely and test you for COVID-19.
- If you have an emergency and need to call 911, tell the emergency personnel you have been exposed to COVID-19.
    - If you can, put on a face mask when emergency workers get to your home.

How long do I need to be in home isolation if I test positive for COVID-19?

Stay home and away from others in the house until:

- You do **not** have a fever for at least 24 hours. That is 1 full day of no fever without the use of medicine that lowers fevers.

    and

- Your other symptoms are better, such as your cough or shortness of breath.

    and

- At least 10 days have passed since your symptoms first started or since your first positive test result

Talk with your employer about when you can go back to work after having COVID-19.