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. The most common symptoms are:

- Fever
- Cough
- Shortness of breath

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 a sick person with COVID-19
- 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 about 15 minutes without using PPE
- 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 lab confirmed COVID-19 infectious?

If a person with lab confirmed 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 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 are someone who has not been deemed an essential worker or critical infrastructure employee, the Iowa Department of Public Health suggests that you quarantine. You should call your employer right away and tell them you were exposed.

If you are a health care personnel, you may need to quarantine. Stay at home and call your employer right away to decide whether you need to quarantine.

If you have had a high-risk exposure to a person with COVID-19, you should quarantine for 14 days from your last exposure, even if you test negative for COVID-19. You should do the following to help keep yourself and others safe:
• 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.

Talk with your employer about when it is safe to go back to work after you have quarantined because of being a close contact to someone with COVID-19.

If you are deemed an essential worker or critical infrastructure employee, you are not required to quarantine. If your employer directs you to continue working, you should:

• Watch yourself for respiratory symptoms, such as a new or worsening cough.
• 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. You may keep going to work.
  • You must wear a mask or face covering at all time while at work.
  • If you have symptoms, do not go to work or out in public.
    • Call your employer right away.

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. Even with a negative test, you will still need to complete a full 14 days of quarantine starting from the last day of exposure to the person with COVID-19 during that person’s infectious period.

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, or shortness of breath (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.
• There are no medicines to treat COVID-19 at this time.
• If you have an emergency and need to call 911, tell the emergency personnel you may have been exposed to COVID-19.
  • If you can, put on a face mask before or right after 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.