What to do if you have been exposed to a person with COVID-19 disease

1. **About COVID-19**
   - COVID-19 (Coronavirus Disease 2019) is a new virus that is spreading from person-to-person. It is currently in the United States and many other countries. Common symptoms include: fever, cough, and shortness of breath.
   - COVID-19 is spread:
     - through respiratory droplets when an infected person coughs or sneezes,
     - between people who are in close contact with one another (within about 6 feet),
     - by touching a surface or object with the virus and then touching the mouth, nose, or eyes.
   - Most people will have only a minor illness with COVID-19. However, some people are at higher risk for serious COVID-19 disease, including people:
     - over 60 years of age,
     - with chronic health conditions such as lung disease, heart disease, or diabetes,
     - with weakened immune systems,
     - who are pregnant.

2. **How do I know if I was exposed?**
   - You generally need to be in close contact with a sick person to get infected with COVID-19.
     - Close contact includes:
       - Living in the same household as a sick person with COVID-19,
       - Caring for a sick person with COVID-19,
       - Being within six feet of a sick person with COVID-19 for a sustained period of time, or;
       - being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).
   - If you have not been in close contact with a sick person with COVID-19, you are not at high risk for infection. You should follow the instructions of the County of Santa Clara’s shelter-in-place order and continue to stay at home unless for essential activities.
   - If you are exposed to a contact of a contact (i.e. friend of a friend who has tested positive for COVID-19), you do not need to take any special measures. Only if you are directly exposed to a case would you need to quarantine yourself for 14 days.

3. **Monitor your health for symptoms**
   - You should stay home and away from others.
   - Monitor your health for fever, cough, aches and shortness of breath during the 14 days after the last day you were in close contact with the sick person with COVID-19.
   - Follow the instructions of the County of Santa Clara’s shelter-in-placer order and monitor your health for 14 days.

4. **If you start to experience COVID-19 symptoms**
   - If you do become sick and experience symptoms typical of COVID-19, call your healthcare provider for guidance and next steps. Do not visit hospitals, long term care facilities, or nursing homes, or other settings with vulnerable populations.
• If you are over 60 years of age or have a condition that puts you at higher risk for severe disease, monitor your illness even more closely and discuss any concerns with your doctor.
• If your symptoms get worse, you have difficulty breathing, or you develop other concerning symptoms, call your doctor immediately.
• If it is an emergency, call 911. Tell them that you have been diagnosed with COVID-19 disease.

5. **Call ahead before visiting a hospital, emergency room, or doctor’s office**
   • If you need to visit a hospital, emergency room, or doctor’s office, call ahead to notify them that you might have COVID-19. This will help the hospital or doctor’s office take steps to keep other people from getting infected.

6. **Get more information on COVID-19**
   • Santa Clara County Health Department webpage: [www.sccphd.org/coronavirus](http://www.sccphd.org/coronavirus)
   • Centers for Disease Control & Prevention webpage: [www.cdc.gov](http://www.cdc.gov)
   • If you have any questions, call your doctor.
   • How to disinfect your home if someone is sick: [www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html](http://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html)