



What to do if you were exposed to someone with confirmed coronavirus disease (COVID-19)

If you were exposed to someone with laboratory-confirmed COVID-19, follow the steps below for your **14-day quarantine period** to avoid spreading the disease to others in case you get sick.

What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a respiratory disease caused by a new virus called SARS-CoV-2. The most common symptoms of the disease are fever, cough, and shortness of breath. Most people with COVID-19 will have mild disease, but some people will get sicker and may need to be hospitalized.

Why am I being placed on quarantine and what does that mean for me?

You are being placed on quarantine because you were exposed to someone with COVID-19 while they were sick. During your quarantine period, you should stay home and monitor your health for fever, cough, and shortness of breath. Monitor yourself for the 14 days after you were last exposed to the sick person with COVID-19. During these 14 days, you should not go to work or school, should not have guests over or go to other peoples' houses, and should avoid public places.

How did the Snohomish Health District determine that I was exposed?

You generally need to be in close contact with a sick person to get infected. You were identified as someone who has had close contact to a confirmed COVID-19 case. 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 6 feet of a sick person with COVID-19 for about 10 minutes or more, OR
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

Am I at increased risk for a serious infection?

If you have any of the conditions below and are a close contact of a confirmed COVID-19 case, you may be at increased risk for a serious infection. Call the Snohomish Health District at 425-339-5278 and ask to talk with a public health nurse or epidemiologist to receive further guidance. To assist us, please have the name of the person you were in contact with and the dates you were exposed.

- Age 60 years or older,
- Pregnant,
- Immunocompromised,
- Other underlying health conditions



What should I do if I'm sick right now or get sick during my quarantine period?

If you are sick right now or you get sick with fever, cough, or shortness of breath (even if your symptoms are very mild), please call the Snohomish Health District at 425-339-5278. Ask to talk with a public health nurse or epidemiologist to discuss your symptoms and next steps. To assist us, please have the name of the person you were in contact with and the last date you were in close contact with them.

If you are severely ill or unable to reach a public health nurse, please call your personal health care provider, report your symptoms and history of recent exposure to COVID-19, and seek directions on where to go for care. Ask your health care provider to contact the Snohomish Health District at 425-339-5278 for more information.

You should continue to stay at home and away from other people. Try to stay at least 6 feet away from other people you live with. If you have one of the conditions that may increase your risk for serious infection (age 60 years or older, pregnant, immunocompromised, or other underlying health conditions), contact your physician's office and tell them that you have a high-risk condition and were exposed to someone with COVID-19. They may want to monitor your health more closely or test you for COVID-19.

If you do not have a high-risk condition but still want medical advice, you can call your healthcare provider and let them know you were exposed to someone with COVID-19. Your healthcare provider can help you decide if you need to be evaluated in person. There are currently no medications to treat COVID-19.

What should I do if I'm not sick right now?

You should stay home and monitor your health for fever, cough, and shortness of breath for the entire 14-day quarantine period. You should not go to work or school, should not have guests over, should not go to other peoples' houses, and should avoid public places.

What should I do if I have an emergency and need immediate medical care?

If you have a medical emergency and need to call 911, notify the dispatch personnel that you may have been exposed to COVID-19. If possible, put on a facemask before emergency medical services arrive or immediately after they arrive.