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 *according to your vaccination and worker status* 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.

What does being placed on quarantine mean?
You may be 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, shortness of breath, loss of taste/smell, or other respiratory symptoms. If you are unvaccinated, you should quarantine for 10 days (or for 7 days **if** you test between 5-7 days after exposure **and** that test result is negative). During your quarantine period, 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 with a confirmed COVID-19 case. Close contact includes:
- Living in the same household as a sick person with COVID-19,
- Caring for someone with COVID-19,
- Being within 6 feet of a person with COVID-19 for 15 minutes or more, OR
- Being in direct contact with secretions from a person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, sharing tools, 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 your healthcare provider to receive further guidance and recommendations.
- 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, shortness of breath, or other respiratory symptoms (even if your symptoms are very mild), please call your healthcare provider and get tested for COVID-19. 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.

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

You should stay home and monitor your health for symptoms of COVID-19 for the entire 10-day, or 7-day (with a negative test 5-7 days after exposure) quarantine period. Continue to monitor for symptoms up to 14-days past your exposure. You should not go to work or school, should not have guests over, should not go to other peoples' homes, and should avoid public places. If you are an essential worker, you may continue going to work as long as you do not develop any symptoms (even mild) or receive a positive test.

What should I do if I'm vaccinated against COVID-19?

You are considered fully vaccinated for COVID-19 when it has been ≥2 weeks after you have received the second dose in a 2-dose series (Pfizer or Moderna), or ≥2 weeks after you have received a single-dose vaccine (Janssen).

- If you are fully vaccinated and have any symptoms consistent with COVID-19 you should isolate from others and get tested.
- If you are fully vaccinated and have no COVID-like symptoms you do not need to quarantine. Fully vaccinated people who do not quarantine should still monitor for symptoms of COVID-19 for 14 days following an exposure. It is also recommended that you get tested 5-7 days after exposure.
- If you have not been fully vaccinated (per the definition above) you should quarantine for 10 days (or for 7 days **if** you test between 5-7 days after exposure, **and** that test result is negative) and monitor for symptoms. If you are an essential worker you may continue to work during the quarantine period, as long as you do not develop any symptoms (even mild) or receive a positive test.

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

If you have a medical emergency you should 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.

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COVID-19_ExposedHandout_11-05-21 SC