



COVID-19 Contact Notification Statement

You have been identified as having close contact with a person or persons who have tested positive for novel coronavirus disease 2019 (“COVID-19”). This exposure took place during the time the person was known to be contagious.

Please take the following action:

- a. Self-quarantine—stay home from work, school, and other public places for at least 14 days from the last day of exposure.
- b. As much as possible, follow social distancing guidelines and stay at least 6 feet away from other people in your home. This is particularly important if someone in your home is high risk for severe illness: adults over the age of 65 years, those with chronic diseases, and those with lowered immune systems. <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/people-at-higher-risk.html>
- c. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.
- d. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs.
- e. Use regular household cleaning sprays or wipes according to the label instructions.
- f. Postpone all non-essential medical appointments. If you have a critical medical appointment that cannot be conducted virtually, call the healthcare provider ahead of time and tell them that you have been exposed to a person confirmed to have COVID-19.
- g. Monitor your symptoms carefully. If you develop any new symptoms of COVID-19 consider contacting your healthcare provider and getting tested for COVID-19. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- h. Consider getting tested for COVID-19 at the end of the 14-day quarantine even if you do not have symptoms. The incubation period for COVID-19 is 2-14 days, therefore a negative test for COVID-19 that is prior to the end of the 14 days may not be accurate.
- i. Unless others in your household have also been exposed to COVID-19, they do not need to quarantine.
- j. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- k. Cover your cough and sneezes.
- l. ***For medical emergencies, call 911 and notify the dispatch personnel that you have had exposure to COVID-19.**

***If you have been tested for COVID-19 and are awaiting results, isolate and wait for guidance from your healthcare provider. Regardless of the result, please complete your 14 day self-quarantine**

For any additional questions about your care, contact your healthcare provider.