

## COVID-19 Close Contact and Self-Quarantine Guide

Thank you for helping to slow the spread of COVID-19 in Lexington. If you have had close contact with someone who has tested positive for the virus that causes COVID-19, you may have been exposed to the virus.

### Who is a “close contact”?

A close contact is someone who lives in a home with a person with confirmed or probable COVID-19 infection or someone who spent 15 minutes or more within 6 feet of an infectious person, with or without a mask. People with COVID-19 (“cases”) are considered to be infectious from two days before symptoms started or two days before they tested for COVID-19, whichever date is earlier.

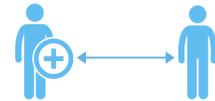
Starting 2 Days Before Case’s Symptoms  
Began OR Before COVID-19 Test



For 15 Minutes  
OR More



Within 6 feet



If you are a close contact of someone with COVID-19, you are at higher risk of developing infection with COVID-19, which could happen any time within 14 days after your last close exposure.

**Close contacts should quarantine for 14 days from the last date of exposure to a positive COVID-19 case.**

### Contacts should take the following actions during their quarantine period:

#### Limit Your Contact with Others and Practice Good Hygiene

1) Self-quarantine — stay home from work, school, and other public places for at least 14 days from the last date of exposure. If someone in your household is COVID-19 positive, try to physically separate yourself in your home by using a separate bathroom, separate sleeping room, and avoiding use of kitchen. If it is not possible for you to physically isolate away from the household member, your last date of exposure is the day they are released from isolation by the health department.

- 2) As much as possible, follow physical 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.
- 3) Wear a facial covering that covers the nose and mouth when 6 feet of physical distance cannot be maintained between people in your home.
- 4) 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.
- 5) Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.
- 6) Clean all surfaces that are touched often, like counters, tabletops, and doorknobs.
- 7) Use regular household cleaning sprays or wipes according to the label instructions.
- 8) 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.

### **Monitor Yourself for Symptoms**

- 1) During your quarantine period, watch carefully for fever, cough, muscle aches, sore throat, changes in taste or smell, or trouble breathing. If you develop any new symptoms of COVID-19 consider contacting your healthcare provider and getting tested for COVID-19. Some options for testing in Lexington can be found at <https://www.lexingtonky.gov/COVID-19/Drive-Thru-Testing>. However, you should still continue to quarantine for the full 14-day period if your test result is negative.
- 2) If symptoms require medical attention, **CALL AHEAD BEFORE YOU VISIT THE MEDICAL PROVIDER'S OFFICE OR EMERGENCY DEPARTMENT** to notify them that you are a close contact to a case. **For medical emergencies, call 911 and notify the dispatch personnel that you have had exposure to COVID-19.**
- 3) Consider getting tested for COVID-19 at the end of the 14-day quarantine period, even if you did not develop any symptoms of illness during that time. The incubation period for COVID-19 is 2-14 days, therefore a negative test for COVID-19 prior to the end of the 14 days may not indicate that you won't develop disease later in the quarantine period.
- 4) For general questions concerning COVID-19, please call the health department's information line, 859-899-2222.