



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 who is fully vaccinated (14 days or more after 2nd dose of two dose series or 1st dose of a one dose series):

1. If you are fully vaccinated more than 14 days and do not have symptoms, you do NOT need to quarantine, but need to monitor for symptoms.
2. If you are fully vaccinated more than 14 days and develop symptoms, you need to quarantine and reach out to your health care provider about testing for COVID-19.

If you are a close contact who is NOT fully vaccinated the following may apply to you:

1. If you are not fully vaccinated (only one dose of two dose series or not at all) you will need to quarantine. The quarantine period begins from the last date of exposure to an infectious person. There are three different ways you can quarantine if you have NO symptoms:
 - a. Quarantine for 14 days, especially if you are going to be around people that are high-risk for the virus: elderly, people who are immunocompromised, people with co-morbidity (*recommended*).
 - b. Quarantine for 10 days if you have NO symptoms.
 - c. Quarantine for 7 days if you have a negative COVID-19 PCR or antigen test on or after day 5 and have NO symptoms.

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 10 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>.
- 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 your 10-day quarantine period, even if you did not develop symptoms of illness during that time. You may shorten your quarantine period to 7 days after your last exposure to a case, if you do not develop symptoms of COVID-19 AND have a negative COVID-19 PCR or antigen test result from a test done on day 5 of the quarantine period or later.
- 4) For general questions concerning COVID-19, please call the health department's information line at 859-899-2222.