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## What to do: I've been a close contact of a person who has tested positive for COVID-19

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. If you work in healthcare or with high risk individuals you should identify your exposure to your employer.
- 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.
  - i. Use regular household cleaning sprays or wipes according to the label instructions.
- e. 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.
- f. Monitor your symptoms carefully (fever greater than 100.4 AND cough OR shortness of breath).
- g. If you are mildly ill, and would normally care for yourself at home, please do not seek medical care.
  - i. Get rest and stay hydrated.
  - ii. If your symptoms get worse, call your healthcare provider immediately.
- h. 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.
  - i. Cover your cough and sneezes.
- j. \*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. Please also consult your healthcare provider on when to be released from self-quarantine or self-isolation.**

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

**Kentucky COVID-19 Hotline 1-800-722-5725**  
**More information: [kycovid19.ky.gov](https://kycovid19.ky.gov) | [www.louisvilleky.gov/covid19](https://www.louisvilleky.gov/covid19)**