



COVID-19 EXPOSURE FREQUENTLY ASKED QUESTIONS

What should I do if I've been in close contact with someone...

Close Contact:

- Within 6ft of a person with confirmed COVID-19 for 15 minutes or more.
- Direct physical contact (e.g. kissing, hugging)
- Shared meals, shared utensils, car pooled.
- Contact with respiratory secretions (e.g. cough/sneezing close to you).

... who has active symptoms or has tested positive for COVID-19?

Self-Quarantine AND Self-Monitor AND Get Tested

... who might have been exposed...

... and IS experiencing symptoms?

Self-Monitor AND practice Physical Distancing

... and is NOT experiencing symptoms?

Practice Physical Distancing

... who has been in close contact with someone ELSE who might have been exposed?

How do I...

Self-Quarantine?

- Stay at home for 14 days from last day of exposure
- Avoid contact with others
- Don't share household items

Self-Monitor?

- Be alert for symptoms of COVID-19: Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea
- Take your temperature every morning and night and write it down, along with other symptoms
- Call your doctor if you have trouble breathing or a fever (100.4°F / 38°C)

Practice Physical Distancing?

- Stay home as much as possible
- Try to stay 6 ft away from others
- Don't hug or shake hands
- Avoid groups of people

Get Tested for COVID-19?

- Contact your healthcare provider or go to any of the [free testing sites](#)
- You can get tested whether you have symptoms or not

WHAT IF I HAVE SYMPTOMS?

Stay home, immediately contact your Supervisor and healthcare provider, and get tested.

For more guidelines visit [Santa Clara County of Public Health website](#)

1-888-334-1000