

# SOMEONE IS SICK AT HOME

Someone at home is sick. Are you having these symptoms?

TWO of the following: fever (measured or subjective), chills, fatigue, myalgia, headache, sore throat, congestion, nausea, vomiting or diarrhea

OR

ONE of the following: cough, shortness of breath, difficulty breathing, or new loss of taste/smell.

NO

Has your symptomatic household member been exposed to a positive case?

NO

Unless you develop symptoms or become a close contact to a positive case, you are safe to return.

YES

Sick person tests Negative

STAY HOME UNTIL...

YES

STAY HOME

Stay home for 10 days since symptoms started OR after negative test result AND improved symptoms

Sick person tests Positive

A close contact with symptoms is considered a 'probable positive', which makes you a 'probable contact'. All close contacts must quarantine 14 days after last day of exposure to positive person.

- ✓ A negative test result does not shorten the quarantine of a close contact
- ✓ If you are unable to completely isolate from your positive household member, you cannot start your 14 day quarantine until the positive case is finished the 10 day isolation period.
- ✓ If there is a positive case in your household, please notify your building nurse first.

## WHAT DOES IT ALL MEAN?

**Asymptomatic:** an individual is a carrier of an illness but doesn't show symptoms

**Close Contact:** any individual within 6 feet of an infected person for at least 15 minutes with or without a mask

**Contact Tracing:** an attempt by public health officials to identify situations in which an infected person is transmitting the COVID, and then warn others who may have been exposed through that person

**Differential Diagnosis:** the process of differentiating between two or more conditions which share similar signs or symptoms

**Isolation:** separates sick people with a contagious disease from those not sick

**Positive Case:** Someone tested and confirmed to have COVID-19

**Probable Positive:** A close contact who becomes symptomatic, before COVID test results confirmed

**Quarantine:** quarantines keep people away from each other to prevent the spread of disease

**Self-Quarantine:** choosing to separate yourself when you're sick from healthy individuals to prevent spreading illness

**Social Distance:** maintaining space between yourself and other people to mitigate spread of infection; ideally 6 feet from others

**Symptomatic:** a person exhibiting signs of illness