



What to do if you were potentially exposed to someone with confirmed coronavirus (COVID-19)

If you think you have been exposed to someone with laboratory-confirmed COVID-19, follow the steps below to monitor your health to avoid spreading the disease to others if you get sick.

What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a respiratory disease caused by a new virus called SARS-CoV-2. The most common symptoms of COVID-19 are fever or cough. Sometimes people have sore throat, runny nose, or shortness of breath and feel very tired. Most people with COVID-19 will have mild disease but some people will get sicker and may need to be hospitalized.

How do I know if I was exposed?

Close contact with an infected person poses the highest risk of disease spread. Close contact includes:

- Living in the same household as a sick person with COVID-19,
- Caring for a sick person with COVID-19,
- Being within 6 feet of a sick person with COVID-19, OR
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

It is important to note that many people are exposed without knowing it. That's why you need to be on the lookout for cough and fever whether you know you've been exposed or not.

What should I do if I was in close contact with someone with COVID-19 while they were ill but I am NOT sick?

You should monitor your health and stay home at the first sign of illness. Symptoms can be similar to the common cold with sore throat and cough. Fever is not always present. Shortness of breath can mean more serious illness. Monitor your symptoms for 14 days after the last day you were in close contact with the sick person with COVID-19. As a precaution, you should avoid contact with people who are at higher risk for severe illness, which includes those 60 years or older, pregnant women, and those with medical conditions. Do not take rideshare, public transportation, and avoid public places for 14 days.

What should I do if I am a close contact to someone with COVID-19 and I get sick?

If you get sick with cold-like symptoms, fever, cough or shortness of breath (even if your symptoms are very mild), you likely have COVID-19. You should stay home and away from other people. If you have any of the following conditions that may increase your risk for a serious infection—age 60 years or older, are pregnant, or have medical conditions—contact your healthcare provider and tell them that you were exposed to someone with COVID-19 and have illness symptoms. They may want to monitor your health more closely or test you for COVID-19.

If you do not have a high-risk condition but want medical advice, call your healthcare provider and tell them you were exposed to someone with COVID-19 and have illness symptoms. Your healthcare provider can help you decide if you need to be evaluated in person. There are currently no medications to treat COVID-19 and testing is not recommended for people who have mild illness. If you have a medical emergency and need to call 911, notify them that you may have been exposed to COVID-19. If possible, put on a facemask before emergency medical services arrive or immediately after they arrive.

Additionally, you should follow these infection prevention guidelines:

➤ **Clean your hands often**

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Soap and water are preferred if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

➤ **Avoid sharing personal household items**

- You should not share dishes, utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

➤ **Clean all “high-touch” surfaces every day**

- High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the instructions on the label. Bathroom and toilet surfaces should be cleaned daily with household cleaner and then with a bleach disinfectant.

When is it safe to leave home?

If you think you have been exposed to someone with COVID-19 and experience symptoms, you can leave home after:

You have not had a fever for at least 72 hours (meaning three full days of no fever without the use of medicine that reduces fevers) AND other symptoms have resolved.

Even after your symptoms have improved you must continue to follow Oregon’s [Stay Home executive order](#) which includes only going out for essential needs such as groceries and medical care, and returning to work as determined by your employer.