May 24, 2020

Coronavirus (COVID-19): Guidance for Contacts of a Person Confirmed to have COVID-19

This guidance is for contacts of a person who has tested positive for COVID-19. DC Health recommends that you follow the steps below to help prevent the spread of the virus in the home and community.

Actions you should take:

- Separate yourself from other people (self-quarantine) as much as possible at your home for 14 days from the time you were exposed.
    - Stay in another room or be separated from the person who tested positive as much as possible.
    - Use a separate bedroom and bathroom, if available.
- **Avoid leaving the house:**
    - Avoid public activities and gatherings (e.g. church, parties, etc.)
    - Do not leave home to go to work or school
    - Work at home (telework) or use sick leave
    - If you are a student, make alternative arrangements to obtain class materials
    - Do not take public transportation (e.g. Metro buses or trains) and do not use taxis or rideshare services (e.g. Uber, Lyft)
    - Do not travel (airline, cruise ship etc.)
    - Prohibit visitors who do not have an essential need to be in the home.
- **Avoid sharing household items.** You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After you use these items, wash them thoroughly.
- If you have a pet, see the guidance at https://coronavirus.dc.gov/

Monitor yourself closely for symptoms of COVID-19:

- Symptoms of COVID-19 can include fever, cough, shortness of breath, difficulty breathing, chills, muscle pain, sore throat, or new loss of taste or smell. Other less common symptoms have been reported, including nausea, vomiting, or diarrhea.
- **If you develop symptoms:**
    - Please contact your healthcare provider and let them know about your exposure to a confirmed COVID-19 case.
    - Consult with your healthcare provider if you are greater than 60, or have chronic healthcare conditions (heart disease, diabetes, lung disease, immunocompromised, etc.), or if you think you may be at a higher risk of serious illness from COVID-19.
    - **If you have a medical emergency**, please call 911. Be sure to let them know about your exposure to a confirmed COVID-19 case.
- **Visits to a healthcare facility for any reason must be via medical transport (e.g. ambulance) or private vehicle.** Be sure to call ahead and wear a cloth face covering if available.