

## Phase Two Guidance

### 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 Can Take**

- **Separate yourself from other people (self-quarantine)** as much as possible at your home for 14 days from the last 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:**
  - Do not participate in public activities and gatherings (e.g., grocery shopping, places of worship, parties, etc.).
  - Do not leave home to go to work 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.
  - 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 [coronavirus.dc.gov/healthguidance](https://coronavirus.dc.gov/healthguidance)
- **Answer the phone** when you get a call from the DC Contact Trace Force.

#### **Getting Tested for COVID-19**

- All close contacts should be tested for the virus that causes COVID-19 at least 3 to 5 days after you were last exposed to someone who tested positive for COVID-19.
- You can get tested through your healthcare provider, or through free public testing sites. Information on options for COVID-19 testing in the District of Columbia is available at [coronavirus.dc.gov/testing](https://coronavirus.dc.gov/testing)
- When you go for testing, wear a mask or cloth face covering and keep 6 feet of distance from other people, as much as possible.
  - You should continue to stay at home and avoid contact with others while you are waiting for the results of your test
  - If your test result is negative for COVID-19, you should continue your 14-day quarantine and monitor for symptoms.
- If your test result is positive for COVID-19, the DC Contact Trace Force will call you to share information on how to isolate safely and ask you about your contacts.

#### **Monitor Yourself for Symptoms of COVID-19**

- Check your temperature twice a day and be alert for possible symptoms of COVID-19 during your 14-day quarantine period.
  - Symptoms may include: fever, 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, or otherwise

feeling unwell.

- **If you develop symptoms:**
  - Please contact your healthcare provider and let them know about your exposure to a confirmed COVID-19 case.
  - **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 mask or cloth face covering.

### **Contacts who have previously had laboratory-confirmed COVID-19**

- If you are a contact of case of COVID-19, but have tested positive for the virus that causes COVID-19 in the **3 months** before your exposure  
**AND**  
you **do not have new symptoms** consistent with COVID-19, you do not need to quarantine or get re-tested.
- If you **develop new symptoms** consistent with COVID-19, isolate yourself and call you healthcare provider to see if you need to be tested.