

### 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:**
  - 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
  - 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.
- **Answer the phone** when you get a call from the DC Health Contact Trace Team.
- If you have a pet, see the guidance at [coronavirus.dc.gov/healthguidance](https://coronavirus.dc.gov/healthguidance)

### **Get Tested for COVID-19**

- This should happen at least 3 to 5 days after you were exposed to a person 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.
  - 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, please be aware that the DC Health Contact Trace Team will call you to 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.