

## COVID-19 FREQUENTLY ASKED QUESTIONS and INFORMATION

<p><b>Five populations for COVID-19 Viral testing:</b></p>	<ul style="list-style-type: none"> <li>• Individuals with signs or symptoms consistent with COVID-19</li> <li>• Asymptomatic individuals with close contact (anyone who was within 6 feet of an infected person for at least 15 minutes) to person with <u>confirmed</u> positive infection during the exposure period. The exposure period is defined as 2 days before symptoms start through positive test result.</li> <li>• Asymptomatic individuals without known or suspected exposure to COVID-19, for early identification in special settings.</li> <li>• Individuals being tested to determine resolution of infection.</li> <li>• Individuals being tested for purposes of public health surveillance for COVID-19.</li> </ul>
<p><b>Symptoms of COVID-19</b></p>	<p>People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear <b>2-14 days after exposure to the virus</b>. People with these symptoms may have COVID-19:</p> <ul style="list-style-type: none"> <li>• Fever or chills</li> <li>• Cough</li> <li>• Shortness of breath or difficulty breathing</li> <li>• Fatigue</li> <li>• Muscle or body aches</li> <li>• Headache</li> <li>• New loss of taste or smell</li> <li>• Sore throat</li> <li>• Congestion or runny nose</li> <li>• Nausea or vomiting</li> <li>• Diarrhea</li> </ul> <p><i><b>This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.</b></i></p>
<p><b>What should I do if I get sick or someone in my house gets sick?</b></p>	<p>Most people who get COVID-19 will be able to recover at home. CDC has directions for people who are recovering at home and their caregivers, including:</p> <ul style="list-style-type: none"> <li>• Stay home when you are sick, except to get medical care.</li> <li>• Use a separate room and bathroom for sick household members (if possible).</li> <li>• Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.</li> <li>• If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.</li> <li>• Provide your sick household member with clean disposable facemasks to wear at home, if available, to help prevent spreading COVID-19 to others.</li> <li>• Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person.</li> </ul> <p>However, some people may need emergency medical attention. Watch for symptoms and learn when to seek emergency medical attention.</p> <p><b>When to Seek Emergency Medical Attention</b></p> <p>Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, <b>seek emergency medical care immediately</b></p> <ul style="list-style-type: none"> <li>• Trouble breathing</li> <li>• Persistent pain or pressure in the chest</li> <li>• New confusion</li> </ul>

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	<ul style="list-style-type: none"> <li>• Inability to wake or stay awake</li> <li>• Bluish lips or face</li> </ul> <p>**This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.</p> <p><b>Call 911 or call ahead to your local emergency facility:</b> Notify the operator that you are seeking care for someone who has or may have COVID-19.</p>
<p><b>Who is considered a close contact to someone with COVID-19?</b></p>	<p>For COVID-19, a close contact is defined as anyone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before the person began feeling sick until the time the patient was isolated.</p>
<p><b>What happens during contact tracing?</b></p>	<p>Generally, contact tracing includes the following steps:</p> <ul style="list-style-type: none"> <li>• <b>Case investigation:</b> Public health staff work with a patient to help them recall everyone with whom they have had close contact during the time when they may have been infectious.</li> <li>• <b>Contact tracing:</b> Public health staff begin contact tracing by notifying exposed individuals (contacts) of their potential exposure as rapidly and sensitively as possible, not revealing the infected patient’s identity.</li> <li>• <b>Contact support:</b> Contacts are provided with education, information, and support to help them understand their risk, what they should do to separate themselves from others who are not exposed, and how to monitor themselves for illness. In addition, they are informed of the possibility that they could spread the infection to others even if they do not feel ill.</li> <li>• <b>Self-quarantine:</b> Contacts are encouraged to stay home, monitor their health, and maintain social distance (at least 6 feet) from others until 14 days after their last exposure to the infected patient, in case they also become ill.</li> </ul>
<p><b>What can close contacts expect during contact tracing?</b></p>	<p>If you have been in close contact with someone who has COVID-19, a contact tracer from the health department might contact you to inform you that you’ve been exposed to COVID-19.</p> <p>You should stay at home and self-quarantine for 14 days, starting from the last day you were possibly exposed to COVID-19. The contact tracer will help identify the dates of your self-quarantine. The contact tracer can also provide resources about COVID-19 testing in your area.</p> <ul style="list-style-type: none"> <li>• Self-quarantine means staying home, monitoring your health, and maintaining social distancing (at least 6 feet) from others at all times.</li> <li>• If you need to be around other people or animals in or outside of the home, wear a cloth face covering. This will help protect the people around you.</li> <li>• If you need support or assistance with self-quarantine, your health department or community organizations may be able to provide assistance.</li> </ul> <p>You should take your temperature twice a day, watch for symptoms of COVID-19, and notify your health department if you develop symptoms. You should also notify people you had close contact with recently if you become ill, so they can monitor their health. If your symptoms worsen or become severe, you should seek medical care. Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.</p>
<p><b>Am I considered a close contact if I was wearing a cloth face covering?</b></p>	<p>Yes, you are still considered a close contact even if you were wearing a cloth face covering while you were around someone with COVID-19. Cloth face coverings are meant to prevent someone from transmitting the disease to others, and not to protect someone from becoming infected.</p>

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<p><b>What if I have been around someone who was identified as a close contact?</b></p>	<p>If you have been around someone who was identified as a close contact to a person with COVID-19, you should closely monitor yourself for any symptoms of COVID-19. You do not need to self-quarantine.</p>
<p><b>What’s the difference between quarantine and isolation?</b></p>	<p><u>Isolation</u> separates people who are infected with the virus from people who are not infected.  <u>Quarantine</u> keeps someone who might have been exposed to the virus away from others.</p>
<p><b>What to do after viral test?</b></p>	<ul style="list-style-type: none"> <li>• <b>If you test positive for COVID-19</b>, recommendations include:             <ul style="list-style-type: none"> <li>○ isolating and recovering at home (if person is able) for both symptomatic and asymptomatic infections</li> <li>○ stay home except to get medical care (monitor symptoms—see emergency care if experiencing trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face—this is not all possible symptoms—contact provider for any symptoms that are severe or concerning to you)</li> <li>○ Call 911 or call ahead to your local emergency facility: notify the operator that you are seeking care for someone who has or may have COVID-19.</li> </ul> </li> <li>• <b>If you test negative for COVID-19</b>, you probably were not infected at the time your sample was collected. However, that does not mean you will not get sick. The test result only means that you did not have COVID-19 at the time of testing. You may test negative if the sample was collected early in your infection and test positive later during your illness. You could also be exposed to COVID-19 after the test and get infected then. This means you could still spread the virus. If you develop symptoms later, you may need another test to determine if you are infected with the virus that causes COVID-19.</li> </ul>
<p><b>When you can be around others after you had or likely had COVID-19</b></p>	<p>When you can be around others (end home isolation) depends on different factors for different situations. Find CDC’s recommendations for your situation below.</p> <p><b>I think or know I had COVID-19, and I had symptoms</b>          You can be with others after:</p> <ul style="list-style-type: none"> <li>• 3 days with no fever <b>and</b></li> <li>• Respiratory symptoms have improved <b>and</b></li> <li>• 10 days since symptoms first appeared</li> </ul> <p>Depending on your healthcare provider’s advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, respiratory symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.</p> <p><b>I tested positive for COVID-19 but had no symptoms</b>          If you continue to have no symptoms, you can be with others after:</p> <ul style="list-style-type: none"> <li>• 10 days have passed since test</li> </ul> <p>Depending on your healthcare provider’s advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart. If you develop symptoms after testing positive, follow the guidance above for “I think or know I had COVID, and I had symptoms.”</p>

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	<p><b>I have a weakened immune system</b>          If you have a weakened immune system (immunocompromised) due to a health condition or medication, when can you be around others?</p> <p>People with conditions that weaken their immune system might need to stay home longer than 10 days. Talk to your healthcare provider for more information. If testing is available in your community, it may be recommended by your healthcare provider. You can be with others after you receive two negative test results in a row, at least 24 hours apart.</p> <p>If testing is not available in your area, your doctor should work with an infectious disease expert at your local health department to determine if you are likely to spread COVID-19 to others and need to stay home longer.</p> <p><b>For anyone who has been around a person with COVID-19</b>          It is important to remember that anyone who has close contact with someone with COVID-19 should stay home for <u>14 days</u> after exposure based on the time it takes to develop illness.</p>
<p><b>Discontinuation of Isolation for Persons with COVID-19 in Non-Healthcare Settings</b></p>	<p><b>For Persons with COVID-19 Under Isolation:</b>          The decision to discontinue home isolation for persons with confirmed or suspected COVID-19 should be made in the context of local circumstances. Options include a symptom-based (i.e., time-since-illness-onset and time-since-recovery strategy) or a test-based strategy. Of note, there have been reports of prolonged detection of RNA without direct correlation to viral culture.</p> <p><b>1). Symptom-based strategy</b>  <b>Persons with COVID-19 who have symptoms</b> and were directed to care for themselves at home may discontinue isolation under the following conditions:</p> <ul style="list-style-type: none"> <li>• At least 3 days (72 hours) have passed <i>since recovery</i> defined as resolution of fever without the use of fever-reducing medications <b>and</b> improvement in respiratory symptoms (e.g., cough, shortness of breath); <b>and</b>,</li> <li>• At least 10 days have passed <i>since symptoms first appeared</i>.</li> </ul> <p><b>2). Test-based strategy</b> Previous recommendations for a test-based strategy remain applicable; however, a test-based strategy is contingent on the availability of ample testing supplies and laboratory capacity as well as convenient access to testing.</p> <p><b>Persons who have COVID-19 who have symptoms</b> and were directed to care for themselves at home may discontinue isolation under the following conditions:</p> <ul style="list-style-type: none"> <li>• Resolution of fever <b>without</b> the use of fever-reducing medications <b>and</b></li> <li>• Improvement in respiratory symptoms (e.g., cough, shortness of breath), <b>and</b></li> <li>• Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected <math>\geq 24</math> hours apart (total of two negative specimens)</li> </ul> <p><b>For Persons Who have NOT had COVID-19 Symptoms but Tested Positive and are Under Isolation:</b>          Options now include both a 1) time-based strategy, and 2) test-based strategy.</p> <p><b>1). Time-based strategy</b>  <b>Persons with laboratory-confirmed COVID-19 who have not had any symptoms</b> and were directed to care for themselves at home may discontinue isolation under the following conditions:</p>

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	<ul style="list-style-type: none"> <li>• At least 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the symptom-based or test-based strategy should be used. Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.</li> </ul> <p><b>2). Test-based strategy</b> A test-based strategy is contingent on the availability of ample testing supplies and laboratory capacity as well as convenient access to testing.</p> <p><b>Persons with laboratory-confirmed COVID-19 who have not had any symptoms</b> and were directed to care for themselves at home may discontinue isolation under the following conditions:</p> <ul style="list-style-type: none"> <li>• Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected <math>\geq 24</math> hours apart (total of two negative specimens).</li> </ul>
<p><b>When should an employee suspected or confirmed to have COVID-19 return to work?</b></p>	<p>Sick employees should follow steps to prevent the spread of COVID-19. Employees should not return to work until they meet the criteria to discontinue home isolation and have consulted with a healthcare provider</p>
<p><b>If employees have been exposed but are not showing symptoms, should they return to work?</b></p>	<p>Employees may have been exposed if they are a “close contact” of someone who is infected, which is defined as being within about 6 feet of a person with COVID-19 for a prolonged period of time:</p> <ul style="list-style-type: none"> <li>• Potentially exposed employees who have symptoms of COVID-19 should self-isolate and follow CDC recommended steps.</li> <li>• Potentially exposed employees who do not have symptoms should remain at home or in a comparable setting and practice social distancing for 14 days.</li> </ul> <p>All other employees should self-monitor for symptoms and wear cloth face coverings when in public. If they develop symptoms, they should notify their supervisor and stay home.</p>