Guidelines from the Center for Disease Control (CDC)

Protect yourself and others. Wear a mask, wash hands often, stay 6 ft from others.

<u>Considerations for who should get tested</u>

- People who have symptoms of COVID-19

Watch for symptoms
People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus.** People with these symptoms may have COVID-19:

- Fever or 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

This list does not include all possible symptoms. Should you believe that you may have symptoms do not hesitate to seek medical attention. The Center for Disease Control will continue to update this list as more is learned about COVID-19. Pay attention to Center for Disease Control Updates as they are made available.

People who have had close contact (within 6 feet of an infected person for a total of 15 minutes or more) with someone with confirmed COVID-19. Should submit to testing.

People who have been asked or referred to get testing by their healthcare provider, local or state health department, should not delay in getting tested.

Not everyone needs to be tested. If you do get tested, you should self-quarantine/isolate at home pending test results and follow the advice of your health care provider or a public health professional.

Know how it spreads

- COVID-19 spreads easily from person to person, mainly by the following routes:
    - Between people who are in close contact with one another (within 6 feet).
    - Through respiratory droplets produced when an infected person coughs, sneezes, breathes, sings or talks.
        - Respiratory droplets cause infection when they are inhaled or deposited on mucous membranes, such as those that line the inside of the nose and mouth.
- People who are infected but do not have symptoms can also spread the virus to others.

Less common ways COVID-19 can spread

- Under certain circumstances (for example, when people are in enclosed spaces with poor ventilation), COVID-19 can sometimes be spread by airborne transmission.
- COVID-19 spreads less commonly through contact with contaminated surfaces.

Take steps to protect yourself

Whether you test positive or negative for COVID-19, you should take preventive measures to protect yourself and others.

Avoid close contact

- **Inside your home:** Avoid close contact with people who are sick**.**
    - If possible, maintain 6 feet between the person who is sick and other household members.

- **Outside your home:** Put 6 feet of distance between yourself and people who don't live in your household.
  - Remember that some people without symptoms may be able to spread virus.
  - [Stay at least 6 feet (about 2 arms' length) from other people](#).
  - Keeping distance from others is especially important for [people who are at higher risk of getting very sick](#).

Cover your mouth and nose with a mask when indoors with others not in your family or even when with a family member who may have an immune system deficiency.

- You could spread COVID-19 to others even if you do not feel sick.
- The mask is meant to protect other people in case you are infected.
- Everyone should wear a [mask](#) in public settings and when around people who don't live in your household, especially when other [social distancing](#) measures are difficult to maintain.
  - Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Do NOT use a mask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.
- Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.

Cover coughs and sneezes

- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- **Clean AND disinfect [frequently touched surfaces](#) daily**. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common EPA-registered household disinfectants will work.

Monitor Your Health Daily

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms](#) **of COVID-19.**
  - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).
- **Take your temperature** if symptoms develop.
  - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow [CDC guidance](#) if symptoms develop.

Who needs to quarantine?

People who have been in [close contact](#) with someone who has COVID-19— excluding people who have had COVID-19 within the past 3 months.

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

What counts as [close contact](#)?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more

- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Steps to take

Stay home and monitor your health

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4◦F), cough, shortness of breath, or [other symptoms](#) of COVID-19
- If possible, stay away from others, especially people who are at [higher risk](#) for getting very sick from COVID-19.

How to get a viral test

A viral test checks samples to find out if you are currently infected with COVID-19. The time it takes to process these tests can vary.

- You can visit your [state](#) or [local](#) health department's website to look for the latest local information on testing.
- If you have symptoms of COVID-19 and want to get tested, call your healthcare provider first.
- If you have symptoms of COVID-19 and are not tested, it is important to stay home. Find out [what to do if you are sick](#).

Considerations for who should get tested

- People who have symptoms of COVID-19.
- People who have had [close contact](#) (within 6 feet for a total of 15 minutes or more) with someone with confirmed COVID-19.
- People who have been asked or referred to get testing by their healthcare provider, [localexternal icon](#) or [state](#) health department.

Not everyone needs to be tested. If you do get tested, you should self-quarantine/isolate at home pending test results and follow the advice of your health care provider or a public health professional.

How to get tested for current COVID-19 infection

- You can visit your [state](#) or local health department's website to look for the latest local information on testing.
- If you have symptoms of COVID-19 and want to get tested, call your healthcare provider first.

Results

- **If you test positive**, know what protective steps to take to [prevent others from getting sick](#).
- **If you test negative**, you probably were not infected at the time your sample was collected. The test result only means that you did not have COVID-19 at the time of testing. Continue to take steps to [protect yourself](#).