

QUARANTINE ADVISORY FOR CLOSE CONTACTS OR HOUSEHOLD

You have been identified as having close contact with a person or persons who have tested positive for novel coronavirus disease 2019 (COVID-19) when the person was known to be contagious.

What Counts as Close Contact?

- Being within 6 feet of someone who has COVID-19 for a *total of 15 minutes* or more (e.g., *three 5-minute exposures for a total of 15 minutes*).
- Being sneezed or coughed on or somehow got respiratory droplets on you.
- Had direct physical contact with the person (hugged or kissed them).
- Shared food, eating or drinking utensils, or other personal items.
- Providing care at home to someone who is sick with COVID-19.
- Sleeping in the same room though more than 6 feet apart for an extended period of time.

What do I need to do? You need to **quarantine for 14 days after your last exposure regardless if you get a negative test. A negative test does not rule out possible infection.** Please follow the guidelines below:

1. Staying Home from Work, School and Other Public Places

- **CLOSE CONTACTS:** Your quarantine will last 14 days from the **date of your last exposure.**
- The **length of your quarantine** depends on when you were last exposed to the person with the virus.
- **HOUSEHOLD CONTACTS:** Your quarantine will last for an additional 14 days after the case has recovered.
- If you work in healthcare or with high-risk individuals you should notify your employer.

2. Separating Yourself from Others at Your Home for Their Safety

- Follow social distancing guidelines and **stay at least 6 feet away from other people.** Especially for those at higher risk of severe illness, particularly older adults and those of any age who have severe underlying health conditions.
- Do not have visitors.
- Stay in a **separate room and use a separate bathroom, if possible.** Wear a **face mask** if you must be in the same room.
- Wash your hands often with soap and water for at least 20 seconds. Clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid sharing food, drink, or other personal items.
- Clean and disinfect all surfaces that are touched often such as doorknobs, light switches, countertops, and phones.
- Postpone all non-essential medical appointments. For critical medical appointment call the healthcare provider ahead of time and tell them that you are in quarantine.
- For emergencies, call 911 and notify the dispatch personnel that you are in quarantine.

3. Monitoring Your Health

- Watch for *fever, chills, cough, difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, congestion, sore throat, nausea, vomiting, or diarrhea.*
- Symptoms may appear 2 to 14 days after your last contact with a positive case.
- **If you start showing symptoms you need to get tested and to stay in quarantine until the 14 days are over from the day of the exposure. If you test positive the health department will reach out to you.**

Contact Southern Kentucky 211 or Barren River District Health Department at 270-781-8039

If you need help getting medications, food or for questions.

Thank you for keeping our community safe and healthy

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THIS SECTION APPLIES ONLY TO HEALTHCARE WORKERS AND FIRST RESPONDERS

Your agency administration must determine and advise you that you meet the criteria to be considered a Critical Worker

Only Healthcare workers and first responders fall into this category

Critical Workers, who are identified as close contacts to a COVID-19 case, may be exempt from specific quarantine that allows them to only go to work.

Remember, when possible Critical Workers should quarantine.

Employer, before you determine your employee is needed at the worksite the following criteria should apply:

- The job duties cannot be performed by anyone else.
- A staffing crisis would result without the employee.
- The healthcare system or public safety would suffer if the employee stays home for 2 weeks or longer.
- Assessment of the risk the employee may pose to others who are vulnerable in the community.

If your employer has determined you are a *Critical Worker exempt from specific quarantine*, you must follow these guidelines for 14 days after your last contact with the person who has COVID-19:

1. **Quarantine at home while not working.**
2. **Maintain social distancing** (staying at least 6 feet away) within the workplace from other employees, patients, and the public.
3. **Actively monitor for symptoms including** *fever, chills, cough, difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, congestion, sore throat, nausea, vomiting, or diarrhea.*
4. **Check and report to supervisor** both temperature and absence of symptoms at least twice daily.
5. **Self-isolate and do not go to the workplace** if any mild symptom/s occur.
6. **Get tested** if they develop any symptom/s consistent with COVID-19.
7. Wear a **surgical mask** (not a cloth mask) when not working with patients.
8. Wear **full PPE** when providing patient care or public services and assure that the patient is wearing a surgical mask.
9. **Disinfect and clean work spaces** such as offices, bathrooms, common areas, shared electronic equipment routinely.

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