



If you have been exposed to someone with COVID-19, follow the steps below to monitor your health and avoid spreading the disease to others:

How do I know if I was exposed?

- You generally need to be in close contact with a sick person to get infected. Close contact is defined as being within 6 feet for a total of at least 15 minutes within 24 hours (either consecutive or cumulative), regardless of whether masks were worn. However, this depends on the exposure level and setting. Close contact includes:
 - Living in the same household as a sick person with COVID-19
 - Caring for a sick person with COVID-19
 - Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.)
- Exposure includes close contact with a case two days prior to case's symptom onset (or specimen collection date if case never experiences symptoms) through the end of the case's isolation period.

Know Whether and How to Quarantine Yourself

- Refer to: <https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/Isolation-QuarantineRelease.pdf>
- Though not legally binding, CDC recommends:
 - Individuals quarantine at home if you are not up to date on your COVID-19 vaccines including booster doses *or* have not been infected with COVID-19 in the last 90 days.
 - Contacts should quarantine as long as they are exposed to the case, and for a 5-day period beyond their last exposure
 - Once exposure is no longer occurring then at-home quarantine can end after Day 5. The contact should monitor for symptoms and wear a mask for 5 additional days.
 - If you must be around other people during the 10 days following your exposure, wear a mask.
- If you are up to date on your COVID-19 vaccine including a booster dose *OR* have been infected in the last 90 days, you do *not* need to quarantine at home. CDC recommends that you wear a mask around others for 10 days.
- Monitor yourself for COVID symptoms.
 - Watch for **fever, cough, sore throat, congestion, and shortness of breath** during the 10 days after the last day you were in close contact with the person with COVID-19. **If you develop symptoms, stay home**, get tested and avoid contact with other people. You may have COVID-19.
 - If your symptoms are mild, stay home and monitor your health. If you need medical assessment, call the health clinic or hospital before you arrive and tell the provider that you are a contact to a person who was diagnosed with COVID-19.
- CDC recommends all close contacts get tested 5 days (or more) after your last exposure to a case even if you do not have symptoms or have been vaccinated.

Practice Healthy Habits

- Though not legally binding, CDC recommends
 - Wear a mask in public settings.
 - Cover your cough or sneeze into your elbow or a tissue.
 - Wash your hands often with soap and water for at least 20 seconds.
 - Clean and disinfect objects and surfaces regularly, including your phone.

If symptoms develop, all people – regardless of vaccination status – should isolate and get tested for COVID-19.

Questions? Call (615) 770-6940

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