# WHAT IS A CLOSE CONTACT?

You are a "close contact" if any of the following situations happened while you spent time with a person who tested positive for COVID-19 (Positive Test Case) during their <u>infectious period</u> (see 'If You Test Positive, Isolate' flyer):

- Had direct physical contact with the Positive Test Case - hug, kiss, or handshake.
- Were within 6 ft. of the Positive Test Case for a total of 15 mins. or more in a single day.
- Had contact with the Positive Test Case's respiratory secretions - coughed or sneezed on; contact with a dirty tissue; shared a drinking glass, food, towels, or other personal items.
- Live with or stayed overnight for at least one night in a house with a Positive Test Case.

## STEPS TO TAKE IF YOU ARE A CLOSE CONTACT:

1. Get tested.
2. Self-quarantine:
   - Stay home for 14 days after your last contact with the Positive Test Case.
   - Stay away from others in your home as much as possible, even if they are also in quarantine. Do not introduce other people to your home while someone is in quarantine.
   - Wash your hands often and practice good hygiene.
   - Wear a face covering if you have to be around others.
   - Postpone all non-essential medical appointments until your quarantine is over.
   - Check your temperature twice a day and watch for symptoms of COVID-19:
     - Cough (new onset or worsening of chronic cough)
     - Shortness of breath
     - Fever
     - Chills
     - Sore throat
     - Runny nose
     - Muscle pain
     - Headache
     - New loss of taste or smell

Since it may take up to 14 days for you to have symptoms after infection, you should self-quarantine for 14 days after you last had contact with the Positive Test Case, or for 14 days after the Positive Test Case in your household has recovered. Even if you test negative for COVID-19 during your 14-day quarantine, it is important to continue to quarantine for the full 14 days. You could have been exposed to COVID-19 at some point and not enough time has passed for the test to pick it up. You may test positive at a later date.

PORTAGE COUNTY
HEALTH AND HUMAN SERVICES
Division of Public Health

WISCONSIN DEPARTMENT
of HEALTH SERVICES

If you have questions, call: 715-345-5948