GEORGIA DEPARTMENT OF PUBLIC HEALTH

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Quarantine Guidance: What to do if you were exposed to someone with the novel coronavirus (COVID-19)

COVID-19 is a respiratory disease caused by a new virus called SARS-CoV-2. The most common symptoms of the disease are fever, cough, and shortness of breath. Other symptoms may also include fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. Most people with COVID-19 will have mild disease, but some people will get sicker and may need to be hospitalized. If you have contracted the virus, symptoms may develop within 2 to 14 days from exposure. Unless precautions are taken, your health is at risk, and other people may possibly contract this disease from you.

You will be contacted by the Georgia Department of Public Health if we have determined that you have been exposed to someone with COVID-19 or if a close contact of yours supplied your information because they tested positive for COVID-19. In order to prevent the spread of disease, and help advise you if you do develop symptoms of COVID-19, please respond to the phone call from public health. Additionally, if you are reviewing this information online because you know, or believe, that you are a close contact of a COVID19 case but have not yet been contact by DPH, please follow the guidance below**.**

It is very important for your own safety and for the safety of others that you monitor your health for 14 days from your last possible exposure to COVID-19, and that you remain at home, avoid congregate settings and public activities, and practice social distancing. You are required to cooperate fully with all state and federal public health authorities, including the Georgia Department of Public Health, and to follow the measures outlined below. The Georgia Administrative Order for Public Health Control Measures can be found here: https://dph.georgia.gov/document/document/secondamendedaoiq41201pdf/download

Specifically, you agree to:

If you are not sick, you agree to monitor your health for fever, cough and shortness of breath during the 14 days after the last day you were in close contact with the sick person with COVID-19.

- Check your temperature twice a day and watch for symptoms.
- Quarantine yourself at home except in case of emergency or to be tested for COVID-19.
    - If you are a health care provider, emergency medical services worker, first responder, or other critical infrastructure worker, you may continue to work, in consultation with your workplace occupational health program and if necessary to ensure adequate staffing, if you have no symptoms, wear a mask while on duty, and remain at home at all other times.

- If possible, stay away from other people living in your home, especially those who are at high risk for getting very sick from COVID-19: https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html
- Enroll in active monitoring. Through active monitoring, you will report your temperature and any symptoms to the Georgia Department of Public Health each day, either by responding to a text message or calling 1-888-357-0169 if you are unable to text.
- If you have not been contacted by public health, you can notify public health here: https://intake-app-dot-gdph-erm-qa.appspot.com/

COVID-19 Testing. You should obtain a test for COVID-19 at least once during your quarantine. If you have no symptoms, the test should take place on the 10th day of quarantine. You should obtain a test earlier in your quarantine if you experience any of the following symptoms:

- Fever (measured temperature above 100.4 degrees Fahrenheit, or you feel feverish)
- 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

Call your local health department to schedule testing. You can find contact information for your health department here: https://dph.georgia.gov/document/document/covid-19-testingdirect-patient-line/download. **Please note that even if your test results are negative, you still must remain in quarantine for the entire 14 days.** If you develop symptoms of COVID-19 at any point during your quarantine period, please also follow the guidance below "What should I do if I am a close contact to someone with COVID-19 and get sick?".

If you seek a test on day 10 of your quarantine, ideally your results should be available by day 14. It is recommended that you do not return to work until a negative result is returned. If your results are still pending after your 14 day quarantine is complete, and you decide to return to work, we recommend that you take extra care with prevention measures to avoid exposure to others in the event that your test result comes back as positive.

If you receive a positive COVID-19 test regardless of your symptom status, you must follow DPH isolation guidelines https://dph.georgia.gov/isolation-contact.

Return To Work Guidance After Exposure

- If you are a Healthcare Worker, please follow guidance from DPH https://dph.georgia.gov/document/document/dph-return-work-guidance-03-26-2020/download
- If you do not work in a healthcare setting, please follow guidance from DPH https://dph.georgia.gov/document/document/dph-covid-19-return-work-guidance-after-covid-19-illness-or-exposure-persons-not/download

How may I have been exposed?

You generally need to be in close contact with a sick person to get infected. Close contact includes:

- Living in the same household as a sick person with COVID-19;
- Caring for a sick person with COVID-19;
- Being within 6 feet of a sick person with COVID-19 for about 15 minutes; OR,
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

COVID-19 virus is circulating in Georgia and you should take steps to protect yourself. Wash hands often with soap and water, use hand sanitizer, and avoid touching your eyes, nose and mouth with unwashed hands. Disinfect frequently touched surfaces in your home daily. Maintain distance from others, especially those who are sick.

What should I do if I am a close contact to someone with COVID-19 and get sick?

If you develop symptoms of COVID-19 (even if your symptoms are very mild), you must stay at home and away from other people.

- Call 911 immediately if you believe you are experiencing a medical emergency. You must inform 911 that you may be sick with COVID-19 and wear a face covering.
- If it is not an emergency, but you are sick and require medical care, please contact your primary care doctor, an urgent care clinic, or your local federally qualified healthcare center.
- If you are mildly ill and do not require medical care, you can schedule testing by calling your local health department. You can find contact information for your health department here: https://dph.georgia.gov/document/document/covid-19-testingdirect-patient-line/download
- In order to prevent spreading COVID-19 it is critical that you follow the isolation instructions found here: https://dph.georgia.gov/isolation-contact
- The information provided here is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment.

CDC guidance: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html

Contact information for the Georgia Department of Public Health (DPH): 1-866-PUB-HLTH (782-4584)