COVID-19: How to Notify Your Contacts

If you have COVID-19, it is important that you notify people you had <u>close contact</u> with while contagious. By letting your close contacts know they might have been exposed to COVID-19, you are helping to protect them and others in your community.

- Close contact means that someone had a possible exposure to you while you had COVID-19. Learn more <u>here</u>.
- You are considered contagious starting 2 days before you became sick (or 2 days before your test specimen collection if you never had symptoms). Risk of spreading the virus is higher closer to when you first develop symptoms or test positive, but spread is still possible for up to 10 days after infection.

You can call, text, or email your contacts. A sample message to your close contacts might include:

"Hi. I have been diagnosed with COVID-19 (or coronavirus). I'm reaching out because when we last met, you may have been exposed. The Health Department recommends that you:

- **May need to stay home and away from others (quarantine), depending on your vaccination status.** Please see the guidance on VDH's **Exposed to COVID-19** web page, to learn more.
- **Contact your healthcare provider to ask about getting tested or find a testing site near you here.** Learn more about when to get tested **here**.
- **Seek medical attention immediately if you have a medical emergency.** Emergency warning signs of COVID-19 include trouble breathing, pain or pressure in the chest, confusion, or pale, gray or blue-colored skin, lips or nail beds, depending on skin tone.
- **Wear a mask** or cloth face covering that fits snugly against your face and covers your nose and mouth when around others.
- **Wash your hands often** with soap and water for at least 20 seconds or use an alcohol-based hand-sanitizer.
- **Clean high-touch surfaces regularly.** Disinfect your home when someone is sick or if someone who is positive for COVID-19 has been in your home in the past 24 hours.
- **Answer the call.** Your local health department may attempt to contact you with more recommendations.
- **If you develop symptoms of COVID-19, get a test, stay home (isolate), and follow the steps in VDH's If You Are Sick web page.** Notify your close contacts with the guidance I am providing you today.

VDH VIRGINIA DEPARTMENT OF HEALTH 1/6/2022

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Day 0: First day of symptoms (or if never had symptoms; day tested positive for COVID-19):

_____ **Subtract two days:** _____ (start of contagious period)

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Make a list of close contacts to notify. Think about:

- Who lives with you?
- Have you gone to work or school?
- Have you gotten together with others?
- Have you gone to any in-person appointments?
- Have you taken shared or public transportation?
- Have you been inside a place of worship?

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List all people in your household while you were contagious *(including people who live with you, people who may have visited, or people providing in-home services):*

_____   _____

_____   _____

List other people you had close contact with while you were contagious,

At work or school:

_____   _____

_____   _____

In or near your home:

_____   _____

_____   _____

At any other places you have visited (stores, restaurants, places of worship, events, etc.):

_____   _____

_____   _____

_____   _____