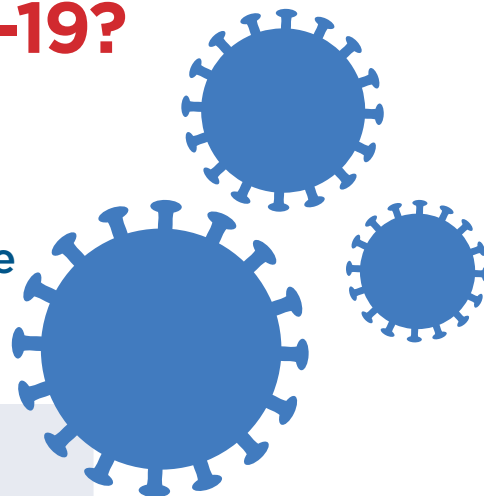


# Have you been in close contact with someone who has COVID-19? Are you feeling sick yourself?

If you have been close to someone with COVID or you are feeling sick yourself, please follow the simple guidelines below to help you figure out what to do.



## 1. What does it mean to be a “close contact” to someone with the virus?

- In general, this means that you have been within 6 feet of a person with COVID-19 for longer than 10 minutes.
- Being identified as a close contact means that you are at a higher risk of getting the virus than the general public.
- You may be informed that you are a close contact by your healthcare provider, your employer, your local health department, or the person with the virus.

## 2. What if I am a close contact to someone with COVID-19 but, do not feel sick or have symptoms?

- Stay isolated at home for 14 days after the last day you were in contact with the individual carrying COVID-19.
- Closely monitor your health for fever, cough, shortness of breath and any other symptoms.
- If the person with COVID-19 lives in your home, do your best to separate yourself from them until they have fully recovered and have completed their isolation period.
  - If you cannot separate yourself from the person, you should remain isolated at home for 14 days after the person with COVID-19 has completed their isolation.



## 3. What if I'm a close contact but, don't meet the criteria for testing?

- If you aren't tested but still have symptoms, it is possible you may have COVID-19 or another respiratory virus.
- You should continue to isolate yourself from others, practice good hand hygiene and clean and disinfect surfaces in the home.
- If you or your healthcare provider have a high suspicion of COVID-19, you may be advised to follow the same guidance as people who test positive for COVID-19.



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**HEALTH**

Let's be healthy together.

#### 4. What if I've been tested but, don't have the results?

- You should remain at home and separate yourself from others until you receive your results.
- Reduce or eliminate close contact with others in the home and do not leave except to seek medical care.
- Practice good hand hygiene and clean and disinfect high-touch surfaces daily in household common areas.



#### 5. What can I expect if I am admitted to the hospital?

- Your care team will be wearing protective gear such as gowns, masks and eye shields.
- You will most likely be given oxygen to help you breathe more comfortably.
- You may be attached to a monitor that will record your vital signs (temperature, heart rate, breathing rate and blood pressure).



#### 6. I am feeling nervous. What can I do to feel better?

- Your feelings are normal! You may feel overwhelmed during or after a hospital stay, especially since visitors are not currently allowed in the hospital.
- Reach out to your care team if you are feeling overwhelmed and having difficulty managing how you are feeling. Reassurance from someone involved in your care can help to make things easier.
- Pray, practice positive thinking, watch a movie or call a friend.



#### 7. If I have been discharged from the hospital, can I go back to life as normal?

- "Home isolation" means you should remain at home.
- Individuals diagnosed with COVID-19 should remain in isolation at home until they are fever-free for 7 days (without the use of fever reducing medication like acetaminophen or ibuprofen) and have a significant improvement in their other symptoms (including cough).

#### 8. If I have been discharged from the hospital, how can I protect the people who I live with?

- Distance yourself from other people and pets. Limit your contact with housemates as much as possible until you meet the criteria to cease home isolation.
- Limit your use of common spaces. Wear a face mask during interactions with household contacts or while using common spaces.
- Do not share household items like utensils, cups, dishes, towels, and bedding. Thoroughly wash these items after use.
- Clean and disinfect common spaces frequently with household cleaners, especially surfaces that you may have come in contact with.
- Cover your cough or sneeze with a tissue or your elbow. Throw the tissue away immediately and wash your hands.
- All members of the household should refrain from touching their face to prevent the spread of the virus.
- Wash your hands frequently with soap and water. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Prohibit visitors who do not have an essential need to be in the home.

