YOU ARE A HOUSEHOLD CONTACT TO A COVID-19 CASE, NOW WHAT?

This guidance is for people who are identified as a **Household Contact** to COVID-19. This is defined as an individual that lives in the same house as a COVID-19 positive individual.

Signs and symptoms of COVID-19

The most common symptoms of novel coronavirus are fever and cough, difficulty breathing, loss of taste/smell, sore throat, body aches, headache, chills, diarrhea, and nausea/vomiting. These symptoms can also be due to many other illnesses. If you develop a fever or any symptoms, it doesn't mean you have COVID-19, but you should immediately contact your health care provider for COVID-19 testing.

Monitoring Period

Avoid congregate settings, public activities, and practice social distancing during your quarantine period. This means you should remain out of public places where close contact with others may occur (e.g., shopping centers, movie theaters, stadiums), workplaces, schools and other classroom settings, and public conveyances (e.g., bus, subway, taxi, side share) for the duration of your quarantine period unless approved by the state or local health department.

Household contacts to a confirmed COVID-19 case will need to monitor themselves and quarantine during the duration of the case's infectious period AND for 14 days after the case is released from isolation. There are options for household contacts to reduce the number of days they will need to quarantine following an exposure to a COVID-positive individual.

- If you remain **symptom-free**, you may reduce your quarantine period from 14 days to **10 days** after the case is released from isolation.
- If you are tested and receive a **negative result** from a viral COVID-19 test (PCR or rapid antigen), you can reduce your quarantine to **seven days** after the case is released from isolation. This test can be collected no earlier than 48 hours prior to your quarantine release date, so the earliest you can be tested is day six from your last exposure date. You must continue to quarantine while awaiting test results.

After stopping quarantine, you should

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.

Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

A quarantine calculator can be found at health.nd.gov/covidcalculator.

If you become sick and are tested for COVID-19 during this period and are found to be **Positive,** then your isolation period will start. You will be released from isolation after ten days have passed since your symptoms began AND you are fever free (<100.4^{0}F) for 24 hours without the use of fever-reducing medications AND symptoms are improving. The NDDoH will work with you on continuing your monitoring as a confirmed case of COVID-19. Even if you do not develop symptoms, you should get tested because you are a household contact to a COVID-19 case. Ideally, this should occur 5-7 days after your last known exposure. If you are found to be

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Negative, you will still need to fulfill your recommended monitoring and quarantine period, as it can take up to 14 days to develop COVID-19. <u>Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.</u>

Example Quarantine Period Calculations for Household Contacts:						
1	2	3 **Case notified of positive result. 1st day of quarantine for household contacts.**	4	5	6	7
8 **Case's last day of isolation @ 11:59 pm**	9	10	11	12	13	14 Household contact is tested
15 If test result is negative, household contact is released from quarantine @11:59PM	16	17	18 Household contact who is not tested and remain symptom-free is released from quarantine @11:59PM	19	20	21
22 **Household contact is released from quarantine @ 11:59PM**	23	24	25	26	27	28
29	30					

Check your temperature and symptoms

It is very important for you to monitor your health daily so that you can be taken care of and treated quickly if you get sick. Based on what is known from other coronavirus infections, 14 days is the longest time between when you were last exposed to COVID-19 and when symptoms begin.

- Take your temperature (use as directed in the thermometer instructions) ***2 times a day:***
  - ***once in the <u>morning</u> and again in the <u>evening</u>*** (if you forget, take your temperature as soon as you remember)
- You should also check your temperature anytime you feel like you have a fever or feel feverish.
- Write down your temperature twice a day, every day along with any of the symptoms listed below.

If you have fever (100.4°F or higher), cough, shortness of breath, or other symptoms such as loss of taste/smell, chills, sore throat, body aches, headache, diarrhea, or nausea/vomiting, you should be tested for COVID-19.

What should I do if I become ill during this monitoring period?

Unless it is an emergency, DO NOT GO to a clinic or hospital without first calling ahead. Calling first will help the clinic or hospital prepare to greet you and take care of you in the safest possible way. If you must go to the hospital before calling, notify staff immediately that you are being monitored for COVID-19. If you become ill and test negative at any time during your monitoring period, you still need to complete your quarantine period.

You may remain in your usual home setting while monitoring yourself for COVID-19. If possible, avoid sharing a bathroom with other members of the household. Also be sure not to share drinks or utensils. Wash your hands

often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe. For additional COVID-19 questions, call the NDDoH public health hotline at 1-866-207-2880, between 8 a.m.-5 p.m. Monday through Saturday.