



updated 4/13/2021

# WHAT TO DO

## If Someone Around Me Tests Positive for COVID-19

### CLOSE CONTACT

Some examples of **close contact** with a person who has tested positive for COVID-19 include:

- being within six feet of them for a cumulative total of 15 minutes or more over a 24-hour period (e.g. *having lunch or being part of a gathering with them*);
- living with them;
- providing care for them; or
- having exposure to respiratory secretions (e.g., *being coughed or sneezed on, spit on, sharing a drinking glass or utensils, kissing*) from them.

A person with COVID-19 is considered to be contagious starting from 2 days before they become sick (or 2 days before they tested positive if they never had symptoms) until they meet the criteria to discontinue isolation. Personal protective equipment for health care workers will reduce the risk of transmission following close contact.

### situation

“I am experiencing symptoms that are consistent with COVID-19.”

#### COVID-19 SYMPTOMS, ACCORDING TO THE CDC:

- Fever or 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

- **Self-isolate** at home and **follow the instructions** of the local health department if they contact you; **AND**
- **Call Employee Health at 434-924-2013** (M – F: 7:30 am–5:00 pm, except Tuesdays: 7:30am–4:00 pm) for further guidance related to your new symptoms

#### LINK

#### Guidance on Teleworking/Public Health Furlough

If you have symptoms or have been exposed to COVID-19, please telework & do not return to Grounds (see link on public health emergency leave if teleworking is not possible)

### situation

“I have no symptoms but was in close contact with a person with COVID-19.”

**Distance yourself from others, including individuals in your household.** If the local health department calls you, answer the call. If you are concerned about an exposure and **are NOT exhibiting symptoms**, call Employee Health at (434) 924-2013 for evaluation and testing referral.

### situation

“I know someone with COVID-19, but I don’t have symptoms and I don’t believe I was in close contact with them.”

**Continue activities as normal**, including standard prevention measures. These include wearing a face covering, maintaining physical distance from others outside your household, and frequent use of hand sanitizer/hand washing. The health department will reach out to you with more recommendations if you are identified as a close contact—please answer the call.



#### Call 911 or go to the nearest emergency room if you are:

- Having trouble breathing
- Experiencing persistent pain or pressure in the chest
- Experiencing new confusion
- Having trouble waking up or staying awake
- Experiencing bluish lips or face
- Having any other symptoms that are severe/concerning

**\*COVID-19 information and protocol can change quickly.** If you have general questions or concerns, email [covidinformation@virginia.edu](mailto:covidinformation@virginia.edu)

**Content Sources:** Virginia Department of Health, Centers for Disease Control and Prevention