

CENTER FOR DISEASE CONTROL (CDC) BASED GUIDANCE FOR EXPOSURE TO COVID-19

- **COVID-19 positive individuals** are contagious from 2 days before the start of symptoms until they meet criteria for stopping home isolation
 - Criteria for stopping home isolation – ALL of the following must be met:
 - Fever-free for 72 hours (without need for Tylenol or Motrin) PLUS
 - At least 10 days have passed since the start of symptoms PLUS
 - Symptoms are improving (you are feeling better every day than the day before)
 - If isolating in a home with other people who are not sick or are COVID-19 negative
 - In order to keep from COVID-19 to others in the home, it is recommended to not share a room or bed with other individuals. Do not share plates, silverware, cups, and other items with healthy people. Try to stay in your room, alone, as much as possible to allow social distancing within the home.
 - Wear a mask when around others in the home, to avoid spreading COVID-19 through droplets from coughing, sneezing, and talking.
 - If you are taking care of someone who is COVID-19 positive without using the safety measures listed above, you will need to undergo an *additional* 14 days of quarantine that start once the infected individual is well and cleared of COVID-19 per the criteria above.
- **If you had close contact with an individual who is COVID-19 positive:**
 - Close contact = coming within 6 feet of the person for 15 minutes or longer
 - **If you are currently feeling well** and have *zero* signs of illness, no matter how mild
 - You do not qualify for testing. The chance of having COVID-19 while healthy is very slim, so a negative test could mean you don't have COVID-19, or that you have it but you were tested too early.
 - Self-quarantine for 14 days, start counting the 14 days from the last day you were in close contact with the COVID-19 positive person. It can take up to 14 days to show symptoms, so you want to minimize the amount of people you are around while you wait for symptoms to possibly present.
 - Self-quarantine should be as strict as possible, only leave the house when necessary. Try to have your friends, family, or neighbors get the essentials you need. If you must work, please wash your hands frequently, wear a mask, and stay at least 6 feet away from others when possible. Try to minimize the number of people you could be infecting while waiting for your symptoms to show.
 - If at the end of 14 days you are still feeling well, you can consider yourself unlikely to have COVID and can resume your activities. It is still advised to socially distance, avoid large gatherings, wear a mask, and wash hands frequently.
 - **If you are feeling ill**, even if it seems like allergies, or a sinus infection, or other minor illnesses
 - Call your doctor's office. Let them know you have been in close contact (see definition above) with a COVID-19 positive person. They will likely ask what day you were last in contact with this individual. Follow the directions of your doctor. Every clinic will have different guidelines on how and when they can provide testing to their patients.
 - If you have been swabbed and are awaiting results, behave as if you may be COVID-19 positive. Please remain in *strict* self-quarantine, do not leave the home if possible and have friends, neighbors, or family drop off groceries and other household essentials to your door. There is an increased chance you could have COVID-19 and you do not want to add to the spread by continuing contact with others.
- With the rapidly increasing cases in the Big Bend region, it is important for all of us to *temporarily* minimize contact with anyone not part of the household, wash hands frequently, wear masks, avoid large gatherings, and social distance from others. By doing so, it allows the Texas Department of State Health Services (DSHS) to more easily trace and identify infected individuals without burdening our small local healthcare system of clinics and hospitals.