COVID-19 POSITIVE.
TELL YOUR CLOSE CONTACTS!

When you have COVID-19 symptoms or test positive, you can protect your friends and loved ones from getting sick or spreading COVID-19.

What To Do...

☑ **Isolate** for *at least* **5 days.**

Stay home. Avoid contact with other people in your home. When possible, stay in a separate room. Wear a mask when you are near others, even at home. Follow current CDC guidance to know when you can end isolation. Find information, links and details on current isolation guidance at www.netracing.org.

☑ **Wear a mask for at least 10 days, when you are around others.**

☑ **Tell your close contacts about their exposure, to watch for symptoms, and get tested.**

The steps your close contacts should take to protect themselves depend on if they are up-to-date on their vaccines and boosters. Current guidance is at www.netracing.org. No matter what, all close contacts should **monitor for symptoms** and **wear a mask** that covers their nose and mouth when they are with others, **for 10 days**.

Not everyone who has been close to someone with COVID-19 will be infected. When close contacts monitor and mask, they limit the chance they will spread the disease if they are infected but are not sick or symptomatic.

Who are your close contacts?

Your close contacts are people who came within 6 feet of you for a total of 15 minutes or more within a 24-hour period while you were infectious. This may include household members, close friends, coworkers, and others who you have been close to while infected.

This does not include people who you had passing contact with (such as in a store, at a drive thru window, or while jogging).

We need your help!

Widespread COVID-19 infection means that many local health departments are modifying their outreach to positive cases. People who test positive for COVID-19 and people who have been exposed to someone with COVID-19 may not receive a call from the health department.

- **Isolate and tell your close contacts that they have been exposed.**
- **If you receive a survey link from your local health department or NE DHHS, please complete that form.**

www.NEtracing.org

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3 STEPS TO ANSWERING:
WHO ARE YOUR CLOSE CONTACTS?

If you tested positive or have symptoms of COVID-19, you need to talk to each person you may have exposed to the virus. Tell them to visit www.netracing.org to find current advice on what to do, depending upon their vaccination status.

Step 1 <u>On your calendar, find the day you started to feel sick or the date of your positive test, whichever was first.</u>
This could be the day you first felt sick or noticed something was off, even if it was very mild (such as: you felt overly tired, had a scratchy throat, etc.). **Then mark the date that is 48 hours (2 days) *before* that day.** This virus can spread for several days BEFORE illness.

Step 2 <u>Find the dates you are most likely to infect others with COVID-19.</u>
You are most likely to spread COVID-19 to others starting 48 hours (2 days) *before* the day you first felt sick or tested positive (if you have no symptoms) until the end of the day 5 *after* you first felt sick or tested positive (if you have no symptoms).

Step 3 <u>Make your close contacts list.</u>
Write down every person you were...
- **within 6 feet of**
- **for a total of 15 minutes**

on any of the days you may have infected others with COVID-19.
These are your close contacts. Note the date you saw them and where.

Questions to help you remember your close contacts.

On the dates you were infectious, did you...
- Go to work or school?
- Get together with others? (eat out at a restaurant, go to a sporting event, go out for drinks, exercise with others or go to a gym, have friends or family over to your house, volunteer, go to a party or a park, attend a special event)
- Spend time inside a church, synagogue, mosque or other places of worship?
- Go to in-person appointments? (salon, barber, doctor's or dentist's office)
- Ride in a car with others or used public transportation?

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WHAT TO TELL YOUR CLOSE CONTACTS

What your close contacts need to do depends on if they are up-to-date on their vaccines and boosters. You can go to www.netracing.org to find current flyers and links so you are ready to help your close contacts know their next steps.

Reach out to all of your close contacts NOW!

Call, text or email all of your close contacts. Tell them that they have been exposed to COVID-19. Share the links at www.netracing.org so that they know what they should do to protect themselves and the people close to them.

What To Say...

➡ **You have been exposed to COVID-19.**

A close contact is someone who was within 6 feet of a person with COVID-19 for 15 minutes while they could have been infectious.

➡ **Follow the current guidance at www.netracing.org.**

Note: The specific guidance depends on close contact's vaccination status. **Close contacts who are NOT up-to-date should stay home for at least 5 days.**

➡ **Watch for the symptoms of COVID-19.**

Remember, symptoms may appear 2-14 days after exposure to COVID-19 and can include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

➡ **Wear a mask for 10 days to prevent exposing family, friends, and coworkers to COVID-19.**

Mask should fit over the nose and mouth. More at Your Guide to Masks | CDC

I feel sick and need help. What should I do if I am COVID-19 positive or a close contact?

Call your doctor. DO NOT show up at a clinic before calling.

If you are having a medical emergency call 911. Tell them you are positive or have COVID-19 symptoms. Put on a mask that covers your nose and mouth before emergency medical services arrive.

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