COVID-19 Close Contact Advisory

You are receiving this Close Contact Advisory because you are believed to have had close contact with someone who tested positive for COVID-19. Close contact is defined as having direct face-to-face contact, being coughed or sneezed on, kissing, sharing food or eating utensils, or being within 6 feet of each other for more than a few minutes. Even if you feel well now, it is possible that you are also infected. Symptoms usually begin about 5 days after exposure but may begin from 2 days to 14 days after exposure. You are being asked to self-quarantine in case you are infected so that you don’t pass the infection on to anyone else.

Do you currently have symptoms of COVID-19?

- The most common symptoms are fever, cough, and shortness of breath. Other symptoms can include tiredness, muscles aches, sore throat, headache, runny nose, nausea, vomiting, or diarrhea.

If you DO NOT have any symptoms of COVID-19

For the next 14 days after receiving this notice or the last date you had close contact with an individual with COVID-19 infection, you should stay in quarantine at home.

- **Stay home except to get medical care.** Do not go out in public, do not go to work or school, do not travel, do not use public transportation. Use a private vehicle if possible. If you cannot drive yourself, make sure to maintain as much distance as possible from the driver and leave the windows down. If you are a healthcare worker or a first responder (Police, Fire, Sheriff, or EMS) contact your employer to determine their policy on returning to work after exposure to a confirmed COVID-19 case.

- **Limit the number of people you are in contact with.** Avoid having visitors to your home. Keep your distance from others where you live (at least 6 feet). Be careful to avoid contact with people most vulnerable to getting severely ill with COVID-19 -- people who are over 60 years old, those with chronic health conditions or weakened immune systems. Do not handle pets or other animals. If you don’t have someone to help you, arrange for food and other necessities to be left at your door. If you have no choice but to go out for essential supplies, you should make your trip during off-peak hours, as quickly as possible, and keeping at least 6 feet from others.

- **Watch for symptoms,** even if they are mild. See symptoms of COVID-19, above.

- **Take your temperature** using a thermometer 2 times a day to check for fever of 100.4°F (38°C) or higher.

If you HAVE or if you DEVELOP any symptoms of COVID-19

Most people with COVID-19 will have mild illness and can get better with the proper home care and without the need to see a provider. If you are 60 years or older, pregnant, or have chronic health conditions or a weakened immune system, you may be at higher risk for more serious illness or complications. Monitor your symptoms closely and seek medical care early if they get worse.

- You may be able to have a phone or video call to get help and advice. If you do not have a health care provider, and you live in San Francisco, you may call 311 from within SF (415-701-2311 from
outside SF, 415-701-2323 TTY) to find out where you can see a healthcare provider. If you live outside San Francisco, please check with your county health department.

- If you need to visit a clinic or hospital, call ahead to let them know you are a close contact to a confirmed case of COVID-19. Take this notice with you when you go.

- While awaiting results of testing, or if you have not been tested, assume that you have COVID-19 infection as the cause of your symptoms. Continue to stay at home, limit the number of people you are in contact with and separate yourself from others in your household as much as possible. Wear a mask covering your mouth and nose when in a room with others. Use a separate bathroom, if possible, and do not share towels, bedding, dishes, or eating utensils or prepare food for others.

CDC has detailed instructions for persons sick with COVID at:

You can also download and print detailed instructions for persons diagnosed with COVID from:

- https://www.sfcdcp.org/covid-19hcp -- see the section called Patient Instruction Sets

**Additional Resources**

Illness and instructions to self-isolate at home can be financially difficult. Please see the following resources about job protections, disability insurance, and financial support for COVID-19 patients and their caretakers: