

How To Talk To Your Close Contacts

What To Do If You Have COVID-19

Slow The Spread Of COVID-19

People diagnosed with COVID-19 can still spread the virus even if they don't have any [symptoms](#).

- 🏠 Stay home if you spent time with someone who has COVID-19. It is critical that you [stay home](#) and away from others for 14 days from the last day that you were around that person.
- 📄 Consider getting [tested](#) for COVID-19.

If You Have COVID-19



Stay Home. [Don't leave your home](#) except to get medical care if needed. Avoid being around others for at least 10 days since symptoms first appeared. This includes 24 hours with no fever, without use of fever-reducing medication, and without [other symptoms](#) of COVID-19. For those without symptoms, stay home for at least 10 days after your positive specimen collection date.



Protect Those In Your Household by wearing a [mask](#), staying at least 6 feet away from others in your household, washing your hands often with soap and water for at least 20 seconds, not sharing personal household items (e.g., cups, plates), cleaning and disinfecting high-touch surfaces in shared spaces, and [improving ventilation](#) in your home. See suggestions for those living in [close quarters](#) and [shared housing](#).



Notify Close Contacts and let them know you have COVID-19 so that they can [quarantine](#) at home and get [tested](#). You are still considered a close contact even if you were [wearing a mask](#) while you were around someone with COVID-19.

For COVID-19, a [close contact](#) is anyone who you were within 6 feet for a combined total of 15 minutes or more over a 24-hour period.

An infected person can [transmit](#) SARS-CoV-2, the virus that causes COVID-19, starting 48 hours (2 days) before they have symptoms or their positive specimen collection date. Please note people who are infected but do not show symptoms (asymptomatic) and those who do not yet have symptoms (pre-symptomatic) can spread the virus to others. People who have been in close contact with someone who has COVID-19 should [quarantine](#). People with recent exposure to COVID-19 who have been [fully vaccinated](#) may not be required to [quarantine](#). People who were [previously diagnosed with COVID-19](#) within the last three months may not be required to [quarantine](#).



Who Are Your Close Contacts?

People you have been around during the two-day period prior to the start of your symptoms (or if you are asymptomatic, two days before your positive COVID-19 specimen collection date), through to the time you start isolation, are at greatest risk of infection and should be prioritized for notification.

Make A List Of Close Contacts To Notify. Think About:

- Who lives with you?
- Have you gone to work or school?
- Have you gotten together with others (eaten out at a restaurant, gone out for drinks, exercised with others or gone to a gym, had friends or family over to your house, volunteered, gone to a party, pool, or park)?
- Have you gone to a store in person (e.g., grocery store, mall)?
- Have you gone to in-person appointments (e.g., salon, barber, doctor's or dentist's office)?
- Have you ridden in a car with others (e.g., Uber or Lyft) or taken public transportation?
- Have you been inside a church, synagogue, mosque or other places of worship?



Notify People You Have Been Around That They May Have Been Exposed To COVID-19

By letting your [close contacts](#) know they may have been exposed to COVID-19, you are helping to protect them and others within your community. You can call, text, or email your contacts. If you would like to stay anonymous, there is also an online tool that allows you to tell your contacts by sending out emails or text notifications anonymously (www.tellyourcontacts.org).

An Example Of What To Say To Your Contacts:

"Hi. I need to talk to you about something important. Do you have a few minutes to talk privately? I was diagnosed with COVID-19 (or tested positive) on xxx date. We spent time together on xxx date, and I wanted to let you know, so that you can get tested, protect your family and others within and outside your household. CDC recommends that you [stay home](#), separate yourself from others for 14 days except to get medical care, get tested for COVID-19, and continue to monitor your health for [symptoms of COVID-19](#)."