Frequently Asked Questions Regarding COVID-19

1. Who is a close contact of a positive case? A close contact is anyone who has been within 6 feet of a positive case for 10 minutes or more, or if there was exposure to respiratory secretions such as being coughed or sneezed on. You are considered a close contact if you meet these criteria even wearing a mask.
2. How long do I have to quarantine? If you DO NOT live with the person you must quarantine for 14 days from the last contact with the positive case. If you live in the same household, you must quarantine for 14 days after the positive case has been released from isolation.
3. If I’m placed in quarantine should I go get tested? No, there is no benefit to being tested unless you are experiencing symptoms.

1. If I’m in quarantine and test negative for COVID-19 can I return to normal activities? No, you can become ill anytime within the quarantine period. Just because you test negative today does not mean you might not become ill tomorrow.
2. I think I’m a close contact to a positive case but haven’t been contacted, what should I do? First, place yourself in self quarantine. Monitor your temperature twice a day and watch for possible signs or symptoms of illness. Contact your health care provider by phone for further recommendations if you become ill. Call the health department and let them know when you were in contact with a positive case. They can help you determine if you were a close contact and how long you need to quarantine. Contact tracing takes time and it is possible that they have not been able to contact you yet.