

PERRY COUNTY HEALTH DEPARTMENT

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YOU'RE A CLOSE CONTACT TO A POSITIVE CASE OF COVID-19, NOW WHAT?

Close contacts to positive cases of COVID-19 must stay home and quarantine after exposure until it is safe for them to be around others. Even if you test negative for COVID-19 or feel healthy, you should continue to stay home (no work, school, extra curriculars, etc.) since symptoms may appear 2 to 14 days after exposure to the virus.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you
- You were within an enclosed space for an extended period of time with a positive case

Close contacts of those with COVID-19 have **TWO OPTIONS FOR QUARANTINE.**

- **Option 1:** Quarantine at home for 14 days following last date of exposure. This is the quarantine that has been occurring in Perry County for several months.
- **Option 2:** A shortened 10-day quarantine (from last date of exposure) for those who are asymptomatic (have no symptoms) with an additional 4 days of symptom monitoring and masking.

These quarantine options are approved by the Center for Disease Control and Prevention (CDC) and have been adopted locally based on COVID-19 case threshold recommendations from the Missouri Department of Health and Senior Services. If COVID-19 cases in the county increase to a rate that would put the area back in a higher-risk category for a consecutive two weeks, 14-day quarantines will be the only option until cases decrease.

The 14-day quarantine period from last exposure is still recommended when possible and is considered the gold standard. Anyone who is eligible to reduce their quarantine to 10 days may only do so if they monitor for symptoms daily and experience no symptoms during the entire quarantine period. At the end of the 10-day period, individuals must continue to monitor themselves for symptoms of COVID-19 for an additional four days and follow other control measures listed below. If any symptoms develop during these days, the individual must immediately isolate away from others and contact the Health Department.

EXAMPLE of how to calculate estimated last day of isolation/quarantine:



You can return to normal activities on the day following your last day of quarantine.

Close contacts must also strictly adhere to the following COVID-19 precautions during the additional four days (if 10-day quarantine is chosen):

- correct and consistent mask use (including within their home when they may come in to contact with others from their household),
- social distancing,
- hand hygiene,
- environmental cleaning and disinfection,
- avoid crowds,
- ensure adequate indoor ventilation,
- monitor for symptoms of COVID-19 illness
- minimize contact with persons at increased risk for severe illness, including vulnerable and congregate populations

If a contact is unable to follow these control measures, the shortened quarantine period is not an option and they should continue to quarantine for the full 14-day period.

While the percentage of people who develop symptoms and test positive for COVID-19 dramatically decreases after 10 days, there have been individuals who have become positive during the last 4 days of quarantine.

Some people who are exposed to COVID-19 may NOT have to quarantine, per the CDC, based on the situations below:

- People who have tested positive for COVID-19 within the past three months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.
- People who develop symptoms again within three months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms, or they may need to quarantine.
- People who have been in close contact with someone who has had COVID-19 are not required to quarantine if they have been fully vaccinated against the disease and show no symptoms. You are considered fully vaccinated 2 weeks after your second dose in a two-shot series like Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine such as Janssen (Johnson & Johnson) vaccine.)

Symptoms of COVID-19 may include:

- Fever or feeling feverish (such as chills or sweating)
- Cough
- Shortness of breath or difficulty breathing (breathing faster than normal, feeling like you can't inhale or exhale, or wheezing, especially during exhaling or breathing out)
- Unusual fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If anyone feels they are experiencing symptoms, they should call their medical provider. The Health Department does not provide testing for COVID-19.

Residents are also encouraged to call the Perry County Health Department at 573-547-6564 if they have any questions or concerns. The Missouri Department of Health and Senior Services also has a 24-hour hotline available at 1-877-435-8411.