



# What to do if you were exposed to someone with COVID-19

If you were exposed to someone with COVID-19, please follow the recommendations below to monitor your health and help prevent the spread of disease to others if you become sick. You may not be contacted by public health representatives. Please follow this guidance, unless personally directed otherwise by public health representatives.

## How do I know if I was exposed?

It is likely that you need to be in direct close contact with someone with COVID-19 when they have symptoms, or during the two days before they develop symptoms, to get infected.

Close contact includes:

- Living in the same household as a sick person with COVID-19.
- Caring for a sick person with COVID-19.
- Being within 6 feet of a person with COVID-19 for 15 minutes or longer.
- Being in direct contact with respiratory droplets from a sick person with COVID-19 (e.g., being coughed or sneezed on, kissing, sharing utensils).
- You are still considered a close contact even if you were wearing a face mask, with the exception of healthcare and K-12 school settings.

## What should I do if I was in close contact with someone with COVID-19?

You may not be called by a public health representative. You should quarantine for 14 days after your last exposure. Quarantine means staying at home and not having contact with others, except if you need medical care. Do not go to school or work. Avoid public spaces, public activities and group gatherings. If possible, separate from others in your home by sleeping in a separate bedroom and maintaining a 6 foot distance. If you do become ill, separating from others in your home can prevent them from being exposed. While you are in quarantine, you may spend time on your property or exercise outdoors, as long as you distance yourself from others during exercise and refrain from using public facilities such as water fountains and restrooms.

For more information about when to start and end quarantine, please

read <https://health.wyo.gov/wp-content/uploads/2020/11/When-to-start-and-end-quarantine-COVID10-11520.pdf>

You should monitor yourself for symptoms of COVID-19 for 14 days after the last day you were in close contact with the person with COVID-19. Symptoms of COVID-19 include fever (or signs of fever such as chills), cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, and diarrhea

Call your healthcare provider and let them know you have been exposed to someone with COVID-19 to get tested. The Wyoming Department of Health recommends testing of close contacts twice during the quarantine period. The ideal timing for the first test is at 5 days after the initial exposure, and if the initial test is negative, again at day 11 or 12 of the 14-day quarantine period.

CDC has published two options for reducing the quarantine period. These options are:

- Ending quarantine **after** 10 days if you have monitored yourself daily and have not had **any** symptoms. In this instance, individuals meeting these criteria could resume their usual activities beginning on day 11 after exposure.
- Ending quarantine **after** 7 days if you have monitored yourself daily and have not had **any** symptoms **AND** you had a negative PCR test collected on day 5 or later. **In no circumstances can quarantine be discontinued before 7 full days of quarantine have passed since exposure.** In this instance, individuals meeting these criteria could resume their usual activities beginning on day 8 after exposure.

If you choose to use one of the options above to shorten the quarantine period, you should continue to monitor for symptoms daily for the full 14 days. WDH recommends that you continue to take measures to protect yourself and others such as avoiding crowds, social distancing, correct and consistent mask use, and hand and cough hygiene for the full 14 days.

You can find a map of testing locations at the following website:

<https://wycovid.maps.arcgis.com/apps/webappviewer/index.html?id=6745ba15b815409eb7c7d391a38418f5>

The Wyoming Department of Health offers free at-home COVID-19 testing through a company called Vault Health. These tests are available to Wyoming residents at no cost and insurance is not necessary. The sample collection process is performed under the supervision of a Vault healthcare provider through an online, video-based telehealth visit. Please visit this site to learn more about this option and to order a testing kit:

<https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronavirus/covid-19-at-home-testing/>

If you test negative for COVID-19 by a viral test, you may not have been infected at the time your sample was collected. However, that does not mean you will not get sick. **Even if you have negative test results, you must still monitor for symptoms for the full 14 days because it can take up to 14 days to develop illness.**

## What should I do if I get sick?

If you develop symptoms, even if your symptoms are mild, you may have COVID-19. You should isolate yourself from others, including others who live or spend time in your home. Stay home except to seek medical care. Do not go to school or work. Avoid public spaces, public activities and group gatherings. Call your healthcare provider and let them know that you have been exposed to someone with COVID-19 to get tested.

Review the following document to learn how to isolate:

<https://health.wyo.gov/wp-content/uploads/2020/11/When-to-start-and-end-isolation-COVID19-11520.pdf>

If you have a medical emergency and need to call 911, tell the dispatch personnel that you may have been exposed to COVID-19. If possible, put on a face mask before the emergency medical services team arrives or immediately after they arrive.

## What if my job involves providing essential public services? Can I still work?

Some people may need to continue to work while under quarantine to ensure essential public services continue. Common examples of these public services include healthcare, law enforcement, and emergency services (first responders). WDH uses this website to define essential public services: <https://www.cisa.gov/critical-infrastructure-sectors>. If you think you may be needed to provide essential public services, contact your occupational health department or human resources department before returning to work while under quarantine. You can also email [wdh.covid19@wyo.gov](mailto:wdh.covid19@wyo.gov) with questions.

### **Individuals under quarantine providing essential public services can only work if they have no symptoms.**

If you do need to work while under quarantine, take the following steps while at work to reduce the risk of COVID-19 spread:

1. Take your temperature and monitor yourself for any symptoms prior to each shift.
2. Wear a face mask at all times while in the workplace.
3. Maintain 6 feet of distance from others as much as possible
4. If you develop any symptoms, leave work immediately

## What if I need a letter for work or school to quarantine?

You may not get a call from a public health representative. If you were notified by someone who tested positive for COVID-19 and need a letter to quarantine, please complete the form found at the address below to receive a quarantine letter.

<https://docs.google.com/forms/d/e/1FAIpQLScwUgtNZ1iFjZ9bhmm2LXAubkLO31F5JXhHcJD4861SN9SmSw/viewform>

You may resume normal activities if you have not developed symptoms and do not have a positive test 14 days after your exposure or if you've elected to shorten your quarantine period with one of the two options described above.

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Your quarantine dates:

Date of last contact with  
positive COVID-19 case: \_\_\_\_\_

Date of quarantine start: \_\_\_\_\_

Date of quarantine end: \_\_\_\_\_