COVID-19

Guidance for **persons** who have had close contact with a COVID-19 case

If you have had contact with someone who has 2019 novel coronavirus (COVID-19), you may have been exposed to COVID-19.

For your safety and the safety of others, DHEC recommends you quarantine by following the below guidance.

1. Stay home and practice physical distancing (avoiding contact with others).

- Do not go to work or school.
  - Discuss your situation with your employer or school before returning.
  - DHEC does not provide documentation for returning to work or school. COVID-19 guidance for businesses and schools can be found at scdhec.gov/covid19.
- Do not take public transportation, taxis, or ride-shares.
- Keep your distance (about 6 feet) and wear a mask or face covering when being around others cannot be avoided.
- Get tested. As a close contact, you should be tested for COVID-19 immediately, even if you don't feel sick. If your test results are negative, you must still complete the full quarantine period. If you develop symptoms of COVID-19 at any time during the quarantine period, you should also be tested.

- Staying in quarantine for 14 days after your last exposure to the person with COVID-19 is the best strategy to prevent further spread. However, the options below can be used to shorten your quarantine period.
  - Your quarantine can end 10 days after your last exposure to the person with COVID-19, if you've not experienced any symptoms.
  - Alternatively, your quarantine period can end 7 days after your last exposure to the person with COVID-19, if a diagnostic test collected no sooner than day 5 of your quarantine period is negative for COVID-19 and you've not experienced any symptoms.
- If you live with someone who has COVID-19, your quarantine period begins when the sick person is able to separate from you (i.e., staying in a separate room with a separate bathroom) or when the sick person is no longer able to spread the virus to others (generally when they complete their 10-day isolation period).

2. Monitor for symptoms and practice good hygiene

- Watch for fever, cough, or trouble breathing. If you end your quarantine early on day 7 or day 10, continue to monitor your symptoms until it's been 14 days after your last exposure to the person with COVID-19.

- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean your hands often by washing them with soap and water for at least 20 seconds or by using an alcohol-based hand sanitizer that contains 60 to 95% alcohol.

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If you begin to feel ill at any time with **fever, cough, shortness of breath** or other symptoms of COVID-19:

- Immediately self-isolate and avoid contact with others.
- Seek testing for COVID-19.
- Seek medical care, if needed.
  - Call ahead before you go to a doctor's office or emergency room.

- Tell the doctor/emergency room about your possible exposure to COVID-19 and your symptoms.
- Avoid contact with others when you arrive.
- Several South Carolina health systems are offering telehealth screening options to the public. For more details, visit www.scdhec.gov/telehealth.

Visit scdhec.gov/COVID19 for more information or call the CARELINE at 1-855-472-3432 for general questions.

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