

# COVID-19 Close Contact Advisory for Non-Healthcare Workers



Contact tracing done at your workplace revealed a possible exposure to a confirmed COVID-19 case. **You were identified as a close contact to the COVID-19 positive person and may have been exposed to the virus.** According to the Centers for Disease Control and Prevention (CDC), the virus is spread mainly between people who are in close contact with one another (less than 6 feet apart for 15 minutes or longer) through respiratory droplets produced when an infected person coughs or sneezes.

Learning of a potential exposure can be upsetting, but contact with someone with COVID-19 does not necessarily mean that you will get COVID-19 or become seriously ill. Most people with COVID-19 have mild illness and can recover at home. Some people who have the virus may not have any symptoms at all. That is why your employer is working closely with the County of Santa Clara Public Health Department to take precautions to prevent further exposure.

Please see below instructions regarding quarantine, work exclusion, clinical care, and testing.

## Testing and Quarantine/Isolation

### Testing<sup>5</sup>:

- A. All close contacts should be tested immediately if they develop symptoms.
- B. A Non-household close contact (regardless of vaccination status) should test immediately AND on or after day 5 after last exposure to case.
- C. A household close contact (regardless of vaccination status) with ongoing exposure should be tested three times:
  - 1) Immediately AND
  - 2) 5 days after first exposure to case AND
  - 3) 5 days after case completes their isolation period
- D. **If your test result is positive**, you must remain isolated at home until at least 10 days have passed since your symptoms began AND after at least 24 hours with no fever (without using fever-reducing medication) and any other symptoms have improved.

### Quarantine Period<sup>4</sup>

#### **1. For Unvaccinated/Partially Vaccinated Close Contacts WITH Symptoms:**

- Without testing, quarantine can end after Day 10 from the date of last exposure AND at least 24 hours after fever resolution AND improvement in other symptoms, whichever is longer; OR
- With testing, quarantine can end after Day 7 if a test collected on or after Day 5 from the date of last exposure is negative AND 24 hours or more after fever resolution AND improvement in other symptoms, whichever is longer.

#### **2. For Unvaccinated/Partially Vaccinated Close Contacts WITHOUT Symptoms:**

- Without testing, quarantine can end after Day 10 from the date of last exposure; OR
- With testing, quarantine can end after Day 7 if a test collected on or after Day 5 from the date of last exposure is negative.

#### **3. Quarantine Period for Previously Infected Unvaccinated Close Contacts:** If a close contact had COVID-19 within the previous 90 days and has not had any new symptoms since their recent exposure to someone with COVID-19, they do not need to quarantine.

#### **4. For Fully Vaccinated<sup>8</sup> Close Contacts WITH Symptoms:**

- Without testing, quarantine can end after Day 10 from the date of last exposure AND at least 24 hours after fever resolution AND improvement in other symptoms, whichever is longer; OR
- With testing, quarantine can end immediately if a test collected while symptomatic is negative AND 24 hours or more after fever resolution AND improvement in other symptoms.

#### **5. If you are a 1) Fully Vaccinated<sup>8</sup> Close Contact WITHOUT Symptoms OR 2) were Previously Infected with COVID-19, you may not be required to quarantine IF you meet certain conditions. Please see [sccstayhome.org](https://www.sccgov.org/covid19) for more information.**

### For All Close Contacts (With or Without Symptoms)

In addition to the above guidance:

- Close contacts should continue monitoring for symptoms for a full 14 days.
- If a close contact continues to be exposed to a case during their isolation, the Quarantine Period starts immediately and ends 10 days after case's isolation period ends, or if above testing criteria are met, 7 days after the case's isolation period ends.

## Work Exclusion

You are excluded from coming to the worksite during the quarantine period but can work remotely. Once the above testing and quarantine period requirements are met, you may return to the worksite in combination with your employer's recommendations, which may be specific to your position. For more information on COVID-19, visit [sccgov.org/covid19](https://www.sccgov.org/covid19). Thank you for doing your part to stop the spread of the virus and keep our community healthy.