



What to do if you are told you are a close contact to someone with COVID-19

If you have been notified that you are a close contact to a person with COVID-19 you must do the following:

1. You will be called by the Pettis County Health Center or the local public health department where you live. You will be told you are a contact to a person with COVID-19. We will ask you to notify your employer. We will provide you with a letter indicating that you are a contact if needed.
2. You will need to take your temperature twice a day and report that information to the Pettis County Health Center staff. You may receive a phone call twice a day or you may be allowed to text the information to a number you will be given. You must report the information twice a day. If you do not have a thermometer, let the Health Center know and we will get one to you.
3. Stay in your home – do not go out in public. If you must get medical care, be sure to tell the people taking care of you that you are a contact to a positive case of COVID 19
4. Within in your home – find a place where you can be alone. A bedroom is a good place. You need to eat your meals in the room. Use disposable dishes, silverware and cups. If you do not have disposable plates, silverware or cups, reusable dishes must be washed immediately in hot, soapy water and rinsed. The person handling the dishes must wash their hands immediately. Have one person wearing a mask bring the needed supplies to your room and take care of you. You need to wear a mask when the person is in the room. If possible, use a separate bathroom.
5. If you must leave the room where you are staying, you must wear some type of face covering – either a mask that has been sewn or a temporary mask made by folding over a scarf or bandana to make 4 layers and using hair ties or rubber bands for a tight fit.
6. You must stay in your home until the date given you by the Health Center staff. This will be 14 days from the time that has been identified you last had contact with the person who is positive.
7. As long as you are not sick or the people you live with are not sick, the people who live in your house may go to work and make those needed trips to the store for food and medicine.
8. If you get a cough, start running a fever or have trouble breathing, be sure to tell the person from the Health Center who you contact every day and call your health care provider.

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