

# What should I do if I had contact with someone with COVID-19?

## 6 Scenarios to Keep in Mind.

This question is on people's minds. The following information is directly from the CDC. We hope that it will provide insight and guidance. Visit [www.cdc.gov](http://www.cdc.gov) for more information on how to protect yourself.

1. If you had close contact (within 6 feet for 15 minutes **or more**) with a COVID-19 case while they were symptomatic or within 48 hours before their symptoms started:
  - ***St. Croix Regional Family Health Center encourages you to contact your healthcare provider about possible testing***
  - You need to quarantine at home for 14 days. Take your temperature 2x per day and monitor for fever, cough, or difficulty breathing.
  - You can have contact with people in your household and they can continue to leave home as long as you are not symptomatic.
2. If you had contact (within 6 feet for **less than** 15 minutes) with a COVID-19 case **while** they were symptomatic or within 48 hours **before** their symptoms started:
  - No quarantine is recommended.
  - Monitor yourself for symptoms for 14 days and contact your healthcare provider if symptoms develop.
3. If you have **been in the same room (more than 6 feet away) at the same time** as a COVID-19 case:
  - No quarantine is recommended.
  - Monitor yourself for symptoms for 14 days and contact a healthcare provider if symptoms develop.
4. If you have been in a room at a different time than a COVID-19 case :
  - No action is needed. You are not considered a contact.
5. If you have had contact with someone who has been in contact (**no direct contact**) with a COVID-19 case:
  - No action is needed.
  - You can monitor yourself for symptoms and contact a healthcare provider if symptoms develop.
6. If you have had any contact with someone who is sick but who **is not a known COVID-19 case**:
  - No quarantine is recommended.
  - Monitor yourself for symptoms for 14 days and contact a healthcare provider if symptoms develop.

