



# MADISON COUNTY HEALTH DEPARTMENT

*To protect, promote and improve the health of our community.*

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## Close Contacts

If you have been identified as a close contact to a positive COVID-19 case, please review the below information entirely. A close contact is someone who has been within 6 feet of a person who tested positive for COVID-19 for a combined total of 15 minutes or more in a 24-hour period.

### **What to do if you or your child are identified as a close contact:**

Close contacts should quarantine in their home, away from the community, for 10 days from the last date they were around a positive COVID-19 person. Stay away from people who are high-risk for getting very sick from COVID-19. The purpose of quarantine is to protect others in the community while the close contact waits to see if they develop symptoms. A negative test during this quarantine period only means that the person did not have COVID-19 at the time of testing, but they may still develop symptoms or test positive for COVID-19 later within the 14-day period. A close contact should only leave their home to seek medical care or for COVID-19 testing during the quarantine period. Watch for COVID-19 symptoms (listed below) through day 14 from last contact even if a shorter quarantine is followed. A close contact should not attend work, school, childcare, or participate in other social, athletic or community activities during quarantine.

### **Quarantine Guidance:**

Check your temperature and monitor for the below symptoms daily. If you do not have any of the symptoms listed below then you may follow the optional quarantine guidance:

- **No symptoms** for 7 days from last day of contact to a case **AND** if you receive a negative test result (get tested no sooner than day 5 after your last contact) you may return to normal activities on day 8 from last contact. Continue to monitor for symptoms through day 14 (if develop, immediately isolate and get tested).
- **No symptoms** for 10 days from last contact to a positive case, you may return to normal activities on day 11 from last contact. Continue to monitor for symptoms through day 14 (if develop, immediately isolate and get tested).

COVID-19 **Signs & Symptoms**- mild to severe, appearing 2 to 14 days after exposure

- Fever
- Chills
- Muscle aches/pain
- Shortness of breath/difficulty breathing
- Sore throat
- Cough
- Headache
- Fatigue
- Nausea/Vomiting
- Diarrhea
- Congestion or runny nose
- New loss of taste or smell

If any of these symptoms develop you should start isolating immediately, get tested for COVID-19, and notify Madison County Health Department for further guidance.

\*\*Due to the current increase in positive COVID-19 cases, you may or may not receive a call from the Madison County Health Department about your contact status. If you have questions not addressed in the above guidance or if you need documentation for work/school purposes, please call the Madison County Health Department at 859-623-7312.

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## What about vaccination?

### **Have you been fully vaccinated?**

In general, people are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you don't meet these requirements, regardless of your age, you are **NOT** fully vaccinated. Keep taking all precautions until you are fully vaccinated.

### **If you've been fully vaccinated:**

- If you've had close contact with someone who has COVID-19, you should get tested 3-5 days after your exposure, even if you don't have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for 10 days if your test result is positive.
- To reduce the risk of being infected with the Delta variant and possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission. Madison County is currently an area of high transmission.
- You might choose to wear a mask regardless of the level of transmission if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at increased risk for severe disease, or if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.

### **Where can I be vaccinated once quarantine is over?**

Vaccines are free to everyone and available at many sites in Madison and surrounding counties. You should wait until your quarantine period ends to be vaccinated. If you have any symptoms develop during quarantine or have symptoms from another infection, wait until you do not have symptoms to be vaccinated.

To find the closest site to you visit <https://www.vaccines.gov/>

- Click the light blue button that reads "Find COVID-19 Vaccines".
- On the next page enter the zip code and press search. It will list all locations near or in that zip code that have or recently had vaccines available.
- If you click on a specific site it will pull up the address, phone number, type of vaccine available, and some have a link to schedule an appointment online.

If you are 18 and older, you can also schedule to receive a vaccine at the Madison County Health Department at 859-626-4223.