CDC Guidance on Possible Exposure to COVID-19
August 20, 2020

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

The following document provides an overview of the CDC Guidance for those who were or may have been exposed to someone with COVID-19. The CDC updated this information on August 20, 2020.

The first step is to understand the CDC definition of close or proximate contact with another individual who is positive for COVID-19:

Close Contact
Close contact with someone who has tested positive for COVID-19 includes:

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with someone who test positive (hugged or kissed them).
- You shared eating or drinking utensils with them.
- They sneezed, coughed or somehow got respiratory droplets on you.

Note: A person with COVID-19 is considered to be contagious starting from 2 days before they became sick (or 2 days before they tested positive if they never had symptoms) until they meet the criteria to discontinue isolation.

If any of the above are true, then you have been in close contact:

If you had close contact with a person who has been diagnosed with COVID-19, self-quarantine (stay home) and monitor your health for symptoms of COVID-19 for 14 days after your last contact.

Other steps to take:
- Answer the call from your local Department of Health (DOH) who will identify you as a close contact via contact tracing.
- Get tested – Contact your healthcare practitioner to ask about getting tested because of your exposure.
- **Quarantine**: In general, to quarantine means to go home, and stay home for 14 days after your last contact with that person, and to keep you contact with others including family members to a minimum.
    - Monitor yourself for symptoms of COVID-19 (fever, cough, shortness of breath, etc.)

o   If possible, stay away from others, especially people who are at high risk of getting COVID-19 or getting very sick from COVID-19.

Example Quarantine Scenarios:

Scenario 1: **Close contact with someone who has COVID-19**— and you will **NOT** have further close contact. Need to quarantine. Your last day of quarantine should be 14 days from the date you had close contact.

Scenario 2: **Close contact with someone who has COVID-19—live with the person** but the person is isolated and you can avoid further close contact. Your last day of quarantine is 14 days from when that person first isolated themselves from you or from the day you had no further close contact.

Scenario 3: **Already under quarantine and have additional close contact with someone who has COVID-19.** If you live with someone who has COVID-19 but have isolated from them and have started your quarantine, but then have contact with someone else who tests positive, your quarantine will need to restart and will end 14 days after you last contact with someone who is positive.

Scenario 4: **Live with someone who has COVID-19 and cannot avoid continued close contact**. If you live in a household where you cannot avoid close contact with a person who has COVID-19 because you don't have a separate bedroom, or live in close quarters, etc., you should quarantine (avoid contact with others outside the home while the person is sick), and end your quarantine 14 days after the person who has COVID-19 meets *criteria to end home isolation*.

Criteria to End Home Isolation (Quarantine):
- **I believe I had COVID-19, and had symptoms**:
  - You can be around others 10 days since symptoms first appeared AND there has been 24 hours with no fever without use of fever-reducing medications AND other symptoms of COVID-19 are improving.

- **I tested positive for COVID-19 but had no symptoms:**
  - Can be around others 10 days after you test positive.

- **I have been severely ill with COVID-19 or have severely weakened immune system due to health condition or medication:**
  - People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared.
  - Persons who are severely immuno-compromised may require testing to determine when they can be around others. Talk to your healthcare provider for more information.

- **I have had close contact with someone with COVID-19:**
  - Be sure you had 'close contact' as defined and not just passing contact.
  - You should stay home for 14 days after your last exposure to that person.
    - However, anyone who has had close contact with someone with COVID-19 and who:
      - developed COVID-19 illness within the previous 3 months and
      - has recovered and
      - remains without COVID-19 symptoms (for example, cough, shortness of breath)
    - does not need to stay home.

- **I have a negative COVID-19 test while under quarantine.**
  - If I have a negative COVID-19 diagnostic test, does that mean I can come out of quarantine? **No**. Symptoms of COVID-19 can appear as late as 14 days after exposure. Therefore, a negative test cannot guarantee that you will not become sick. The full 14 days of quarantine are required.

For Healthcare Professionals With COVID-19

- **If you are a healthcare professional who thinks or knows you have COVID-19**
  - You should follow the same recommendations listed above for when you can resume being around others outside the workplace. When you can return to work depends on different factors and situations. For information on when you can return to work, see the following: https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html

Travel-Related Quarantine

If you have traveled to a U.S. state that is on the New York State travel advisory list, you must quarantine for 14 days after having been in the state and having returned to New York. Specific guidance is located here: https://coronavirus.health.ny.gov/covid-19-travel-advisory?gclid=EAIaIQobChMIxJObl_PF6wIVT_DACh2RawcGEAAYASAAEgL_yfD_BwE

Specifics of this requirement include:
- **If you have traveled from within one of the designated states** with significant community spread as defined by specified metrics, you must quarantine when you enter New York for 14 days from the last travel within such designated state, provided on the date you enter into New York State that such state met the criteria for requiring such quarantine.
  - If you have traveled to one of the designated states, and complete your 14 day quarantine, you may leave quarantine.

- **The requirements of the travel advisory do not apply to any individual passing through designated states for a limited duration** (i.e., less than 24 hours) through the course of travel.

- **You are required to quarantine for 14 days, unless you are an essential worker.**
  - Exceptions to the travel advisory are permitted for essential workers and are limited based on the duration of time in designated states, as well as the intended duration of time in New York.
  - As stated above, there are specific protocols for essential workers related to the travel advisory, to allow such workers to work upon their return to New York while also taking steps to mitigate any risk of transmission of COVID-19.
  - In addition, all essential workers must continue to adhere to existing guidance, including guidance regarding return to work after a suspected or confirmed case of COVID-19 or after the employee had close or proximate contact with a person with COVID-19.

- **The travel advisory is not retroactive**. If you arrive into NYS from a state that is later added to the designated state list, you do not have to quarantine. However, you should closely monitor yourself for symptoms of COVID-19.

- **If you yourself didn't travel, but you come into close contact** with someone who has traveled, you do not have to quarantine but should monitor yourself for COVID-19 symptoms.