Seattle Cancer Care Alliance

Fred Hutch · Seattle Children's · UW Medicine

What to do if you have potentially been exposed to someone with confirmed COVID-19

If you have been exposed to someone with confirmed COVID-19, please follow the steps below to monitor your health and protect the health of others.

How do I know if I was exposed?

- To be exposed to COVID-19, you generally need to be in close contact with a sick person. Close contact includes:

  - Living in the same household as a sick person with COVID-19

  - Caring for a sick person with COVID-19

  - Being within 6 feet of a sick person with COVID-19 for about 15 minutes, OR

  - Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

- If you have not been in close contact with a sick person with COVID-19, you are at low risk for infection but should continue to monitor your health for 14 days since the contact and stay away from others if you get sick.

What do I do if I was in close contact with someone with COVID-19 while they were ill but I'm not sick?

- Monitor yourself for 14 days after you were in close contact to see if symptoms develop: fever, chills, cough, shortness of breath, chest tightness, sore throat, stuffy or runny nose, loss of taste or smell, new onset of diarrhea or muscle aches and pains.

- You should also self-isolate, which includes not going to work or school and avoiding public places for 14 days.

What if I develop symptoms?

- If you develop symptoms including fever, chills, cough, shortness of breath, chest tightness, sore throat, stuffy or runny nose, loss of taste or smell, new onset of diarrhea or muscle aches and pains, contact your care team.

- If you have a medical emergency and need to call 911, tell the dispatch personnel that you have symptoms consistent with COVID-19. If possible, put on a cloth face covering before emergency medical services arrive.

Your health and safety are our top priority.

SeattleCCA.org

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