UVA Employee Health

WHAT TO DO

If Someone Around Me Tests Positive for COVID-19

CLOSE CONTACT

Some examples of **close contact** with a person who has tested positive for COVID-19 include:

- being less than six feet from them for at least 15 minutes (*e.g. having lunch or being part of a gathering with them*);
- living with them;
- providing care for them; **or**
- having exposure to respiratory secretions (*e.g., being coughed or sneezed on, spit on, sharing a drinking glass or utensils, kissing*) from them.

A person with COVID-19 is considered to be contagious starting from 2 days before they become sick (or 2 days before they tested positive If they never had symptoms) until they meet the criteria to discontinue isolation. Personal protective equipment for health care workers will reduce the risk of transmission following close contact.

situation

"I am experiencing symptoms that are consistent with COVID-19."

what to do

- **Self-isolate** at home and **follow the instructions** of the local health department if they contact you
- **Call Employee Health** at **434-924-2013** (M – F: 7:30 am–5:00 pm, except Tuesdays: 7:30am–4:00 pm) for further guidance related to your new symptoms

situation

"I have no symptoms but was in close contact with a person with COVID-19."

what to do

Distance yourself from others, including individuals in your household. If the local health department calls you, answer the call. If you do not hear from the health department within 48 hours, contact Employee Health at **434-924-2013** (M – F: 7:30 am–5:00 pm, except Tuesdays: 7:30am–4:00 pm) or email **employeehealth@virginia.edu**

situation

"I know someone with COVID-19, but I don't have symptoms and I don't believe I was in close contact with them."

what to do

Continue activities as normal, including standard prevention measures. These include wearing a face covering, maintaining physical distance from others outside your household, and frequent use of hand sanitizer/hand washing. The health department will reach out to you with more recommendations if you are identified as a close contact—please answer the call.

Call 911 or go to the nearest emergency room if you are:

- Having trouble breathing
- Experiencing persistent pain or pressure in the chest
- Experiencing new confusion
- Having trouble waking up or staying awake
- Experiencing bluish lips or face
- Having any other symptoms that are severe/concerning

*COVID-19 information and protocol can change quickly. If you have any questions, please email **returntogrounds@virginia.edu** or visit **returntogrounds.virginia.edu**

Content Sources: *Virginia Department of Health, CDC*