

AACA COVID19 Definitions and Determinations

If an employee calls and says, “I MAY have been exposed to someone with COVID19” OR, I MAY have been exposed to someone who was exposed to someone with COVID19”

This COULD be considered a “CLOSE CONTACT”

What is a Close Contact?

A “close contact” is any of the following people who were exposed to an “*infected person” **while** they were infectious:

- a. An individual who was within 6 feet of the infected person for at least 15 minutes
- b. An individual who had unprotected contact with the infected person’s body fluids and/or secretions, for example, being coughed or sneezed on, sharing utensils or saliva, or providing care without wearing appropriate protective equipment.

*An infected person is anyone with COVID-19, or who is suspected to have COVID-19, and is considered to be infectious from 2 days before their symptoms first appeared until they are no longer required to be isolated (as described in [Home Isolation Instructions](#) for People with COVID-19). A person with a positive COVID-19 test but no symptoms is considered to be infectious from 2 days before their test was taken until 10 days after their test.

If the answer to these questions is NO, then there is no need to go any further. If the answer is YES, then proceed to the below steps:

Length of quarantine period

- You need to stay in quarantine for 14 days from when you last had close contact with the infectious person. The infected person should follow [Home Isolation Instructions for People with COVID-19](#).
- If you continue to live with or care for the infected person, the amount of time you have to quarantine depends on the type of contact that you have - find the situation that is most like yours in the section “[How do I calculate the end date of my quarantine period](#)” at the end of this guidance.
- If you don’t know when you were exposed to the infected person and you received a Public Health Emergency Quarantine Order, your last day of quarantine is 14 days from the date the order was issued.

Restrictions during quarantine

To prevent you from unintentionally spreading COVID-19 to uninfected people, you must restrict activities and limit all movements that may put you in contact with others during the quarantine period.

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- Stay home. Do not go to work, school, or public areas. You may only leave your place of quarantine or enter another public or private place to get necessary medical care.
- Do not allow visitors.
- Separate yourself from others in your home (unless they are also in quarantine).
 - Stay in a specific room and away from other people in your home. It is very important to stay away from people who are at higher risk of serious illness. This includes people who are age 65 years or older or have a health problem such as a chronic disease or a weak immune system.
 - Use a separate bathroom, if available.
 - Stay at least 6 feet away from others. When this is not possible, wear a cloth face covering (see [Guidance for Cloth Face Coverings](#) for more information).
- Do not handle pets or other animals.
- Do not prepare or serve food to others.

Getting help with food and other necessities

- If you do not have someone to help you, you can arrange for food and other necessities to be left at your door. If you need help finding food or other necessities, call 2-1-1, or visit 211la.org, or the Public Health [resource webpage](#).

Returning to work or school

- When your quarantine period ends (see [How to Calculate When Your Quarantine Period Ends](#)), you can resume your usual activities, including returning to work and/or school. You should not need a letter from Public Health or a negative test to return to work or school.
- If you developed symptoms, you need to follow the [Home Isolation Instructions](#) for returning to work or school.

TESTING FOR COVID-19

As a close contact to someone with COVID-19, it is recommended that you get tested.

- To get a test, call your doctor, visit covid19.lacounty.gov/testing, or call 2-1-1.
 - If you got an email from Public Health, take it with you in case the facility asks for proof that you are a contact to someone with COVID-19
 - Take precautions when you go to get the test, so you don't unintentionally infect other people. See [If you do have to go out for medical care or for COVID-19 testing](#) below.
- If your test result is positive:
 - It means that you have COVID-19

- You need to follow the [Home Isolation Instructions for People with COVID-19](#) which can be accessed at ph.lacounty.gov/covidisolation
- You need to tell all of your close contacts to quarantine and give them these instructions.
- If your test result is negative:
 - You may still be infected, but it is too early to show on the test.
 - You need to stay in quarantine until 14 days after your last exposure to the infected person.
 - Monitor your symptoms and follow the instructions below.

MONITOR YOUR HEALTH

Know what to do if you develop symptoms

- It is important to monitor your health for [signs and symptoms of COVID-19](#) which may include the following: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, nausea or vomiting, diarrhea, congestion or runny nose, or new loss of taste or smell. This list of symptoms is not all inclusive.
- If you develop any of these symptoms or any other symptoms that are concerning to you, consult your medical provider. Tell them that you are a contact to someone with COVID-19. If you are having serious symptoms such as difficulty breathing, feel pain or pressure in your chest, have bluish lips or face or are experiencing a new onset of confusion or difficulty waking up, call 911 or go to an emergency room. If you do not have a medical provider, call the Los Angeles County Information line at 2-1-1. This number is available 24/7.
- Make a note of when your symptoms started and follow the guidance [Home Isolation Instructions for People with COVID-19](#).

Steps to take when getting medical care or COVID-19 testing

- Wear a surgical mask. If you don't have one, wear a cloth face covering (see [Guidance for Cloth Face Coverings](#) for more information).
 - Note: Infants and children under the age of 2 should not wear cloth face coverings. Children between the ages of 2 and 8 should use them but under adult supervision to ensure that the child can breathe safely and avoid choking or suffocation. A mask or cloth face covering should not be placed on anyone who has trouble breathing or is unable to remove it without assistance. See [Guidance for Cloth Facing Coverings](#) for more information.
- Use a private vehicle if possible. If you cannot drive yourself, be sure to keep as much distance as possible between you and the driver, wear a cloth face covering, if possible, and leave windows down. You should not use public transportation.

Dealing with Stress

COVID-19 and quarantine may be stressful for people, visit ph.lacounty.gov/Coronavirus to learn how to care for your mental health and support your loved ones. If you need to speak with someone about

your mental health, contact your doctor or the Los Angeles County Department of Mental Health Access Center 24/7 Helpline at (800) 854-7771, which is also available 24/7.

TALK TO PUBLIC HEALTH - Contact Tracing

- If you have been in contact with someone with COVID-19, you may receive a call from a public health specialist. If you get a call or message from "LA PublicHealth" or 1-833-641-0305, please do your part by taking the call and answering some questions about your health and the places you have been.
- The specialist can answer your questions and provide information about services like how to get a COVID-19 test or find a doctor or get help while you are in quarantine.
- Click [here](#) for more information about contact tracing.

FURTHER INFORMATION

- For more information, visit the Public Health website ph.lacounty.gov/Coronavirus or call 2-1-1 (which is available 24/7).
- Please call your health care provider for any questions related to your health. If you need help finding a health care provider, call 2-1-1.