



# COVID-19 ALERT

WE WANT YOU SAFE. WE WANT YOU HEALTHY. WE CARE.

## Household members of someone who has been exposed to someone who tested positive for COVID-19:

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Your household member was recently notified that they were exposed to someone who has recently tested positive for COVID-19 and has been asked by the University of Illinois at Chicago COVID-19 Contact Tracing and Epidemiology Program (UIC-CCTEP) team to quarantine, so you ask yourself, “what does this mean for me?”

### While your household member is in quarantine, they have been instructed to:

- ▶ Maintain daily contact with the UIC-CCTEP team to support them, evaluate their symptoms, and monitor them to see if they need additional medical care.
- ▶ They should speak to their personal health provider to arrange testing in the timeframe UIC-CCTEP advises.
- ▶ They should monitor themselves for [COVID-19 symptoms](#) throughout their quarantine.
- ▶ Watch out for [emergency warning signs](#) (trouble breathing chest pain that won't go away, confusion, trouble talking). If they begin to experience any of these, they should call 9-1-1 and seek emergency medical care.
- ▶ Quarantine themselves within their home. This means staying in their own space (such as a bedroom) and not sharing common space (kitchen, bathroom, etc.) with others who have not tested positive for COVID-19 until their isolation is complete. If they do need to go into a shared space:
  - They should try to do so when others are not in the shared space
  - They and all other household members should wear masks, maintain social distance (at least 6 feet), and disinfect shared surfaces after each use. A list of acceptable disinfectants can be found on the [Environmental Protection Agency's](#) (EPA's) website.
- ▶ They will need to quarantine for 14 days from their last contact with the COVID positive individual. **They need to quarantine for the full time described here regardless of if they test negative** (unless they are a healthcare worker whose employer states they should continue working unless they test positive).
- ▶ Stay at home in their own space except to seek medical care.
- ▶ Additional guidance can be found at the [Illinois Department of Public Health](#) (IDPH) and the [Centers for Disease Control and Prevention](#) (CDC).

Until your household member received their test results, you do not need to change your routine. If you were not directly exposed to an individual with confirmed COVID-19 (within 6 feet without a mask for more than a brief encounter) you should still continue to follow all stay at home orders that are in effect. You should also continue routine prevention measures including:

- ▶ **Wearing a mask**
- ▶ **Strict social distancing**
- ▶ **Washing your hands**
- ▶ **Disinfecting common surfaces**

However, if you become ill for any reason you should go home immediately and seek guidance from your personal healthcare provider.

If your household member tests positive, please see the handout titled “Household members of someone who has tested positive for COVID-19.”