



COVID-19 ALERT

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

Household members of someone who has tested positive for COVID-19:

Your household member 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 isolate, so you ask yourself, “what does this mean for me?”

While your household member is in isolation, 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.
- ▶ 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.
- ▶ Isolate 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](#).
- ▶ 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).

Your household member became contagious and could have infected you and others:

- ▶ 2 days prior to submitting their specimen for their COVID-19 test **if asymptomatic**
- ▶ 2 days prior to symptom onset **if symptomatic**

If you had physical contact, were in close contact (within 6 feet for at least 15 minutes), drove in a car, or shared common spaces such as bathrooms or kitchens with your household member between the time described above and when they began isolation, you were likely exposed to COVID-19. This means:

- ▶ You need to begin quarantining immediately. Quarantining means staying in your own space (such as a bedroom) and not sharing common space (kitchen, bathroom, etc.) with others, including your COVID positive household member until your quarantine is complete. If you do need to go into a shared space:
 - You should try to do so when others are not in the shared space
 - You 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 [EPA's website](#).
 - Stay at home in their own space except to seek medical care.

- ▶ You will need to quarantine for 14 days from your last contact with your household member. If you cannot stay in your own space and will continue to have contact with your infected household member, your quarantine will last for the entirety of their isolation plus 14 more days. **You need to quarantine for the full time described here regardless of if you test negative** (unless you are a healthcare worker whose employer states you should continue working unless you test positive).
- ▶ You should speak to your personal health provider to arrange testing as soon as possible. If you do not have a personal healthcare provider, you can find a list of COVID-19 testing sites on the [IDPH's website](#). In general, household members should be tested as soon as possible, but may also be recommended to test again. You should monitor yourself for [COVID-19 symptoms](#) throughout your quarantine.
- ▶ You should monitor yourself for COVID-19 symptoms throughout your quarantine
- ▶ Additional information on what to do if you are sick or caring for someone with COVID-19 can be found on the [CDC's website](#).