The West Virginia Department of Health and Human Resources, Bureau for Public Health (BPH) continues to respond to the novel coronavirus disease (COVID-19) in West Virginia. BPH is working closely with communities, state agencies, local and federal partners to monitor the ongoing risk of COVID-19 and ensure the health and protection of all individuals in West Virginia.

If you have tested positive for COVID-19 or are suspected of having COVID-19 because an exposure to a person with the virus (known as a close contact), you can help prevent the disease from spreading to others by notifying your own close contacts and following the guidance below.

SPREAD THE WORD, NOT THE VIRUS

- Notifying your own close contacts of their exposure to COVID-19 can limit the spread in the community.
- An infected person can spread COVID-19 starting 48 hours (or two days) before the person has any symptoms or tests positive.
- Creating a list of everyone you have been around including the 48 hours prior to symptoms onset or testing positive may help you in making the appropriate notifications.
- Encourage your close contacts to get tested between 5-7 days after exposure.
- Inform your close contacts they should quarantine in their home for 14 days beginning with the last day of exposure to you.
- Remind your close contacts to stay home and away from others and monitor their health for symptoms of COVID-19.
- Critical infrastructure workers may be permitted to continue work following an exposure, provided they remain asymptomatic and additional precautions are implemented to protect them and the community. If you are a critical infrastructure employee, you should refer to your return to work guidelines.
- Inform your close contacts that should they develop symptoms to notify their local health department immediately.
- By letting your close contacts know they may have been exposed, you are helping protect everyone.

CLOSE CONTACTS

- A close contact is defined as any individual within six feet of an infected person for a total of 15 minutes or more within a 24-hour period.
- Close contacts are also defined as:

  - Having direct physical contact with someone (hug, kiss, handshake).
  - Having contact with respiratory secretions (cough, sneeze, contact with dirty tissue, drinking glass, or personal items).
  - Living with or having spent the night with someone.

- You will still be considered a close contact in the above instances even if you are wearing a mask.

ANSWER THE CALL   866- 611-0661

- Someone from the local health department may contact you to check your health status and/or discuss your close contacts.
- During the call with the local health department, it is very important to let them know who you have identified as a close contact.
- Discussions with the local health department regarding your personal medical information will be confidential. Your name will NOT be shared.
- Beware of scam attempts: the local health department will not ask you for a credit card or for any other financial information.

ISOLATE YOURSELF

If you have confirmed or suspected COVID-19 and **HAVE SYMPTOMS**, you can stop your home isolation when:

- You have been fever-free for at least 24 hours without the use of fever-reducing medication; **AND**
- Your symptoms have improved; **AND**
- At least 10 days have gone by since your symptoms first appeared.

If you have tested positive for COVID-19 but **HAVE NOT HAD ANY SYMPTOMS,** you can stop your home isolation when:

www.coronavirus.wv.gov   facebook.com/wv.dhhr   wv_dhhr

- At least 10 days have gone by since the date of your first positive COVID-19 test.

For additional information, please visit: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

Questions and concerns can also be directed to the 24/7, toll-free COVID-19 information hotline:
1-800-887-430