

## Exposure Guidance - Novel Coronavirus (COVID – 19)

March 22, 2020

### What is coronavirus disease (COVID-19)?

COVID-19 is a respiratory disease caused by a new virus called SARS-CoV-2. The most common symptoms of the disease are fever, cough, and shortness of breath. Most people with COVID-19 will have mild disease but some people will get sicker and may need to be hospitalized.

### How can I protect myself?

Follow these general practices to help prevent exposure to coronavirus:

- Frequently wash your hands with soap and water for at least 20 seconds.
- If soap and running water are not available, use an alcohol-based hand rub that contains at least 60% alcohol.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- When not at work, abide by the shelter at home order and limit activity and travel to only the most essential needs.

### How do I know if I was exposed?

You generally need to be in close contact with a sick person to get infected. Close contact includes:

- Living in the same household as a sick person with COVID-19;
- Caring for a sick person with COVID-19;
- Being within 6 feet of a sick person with COVID-19 for an hour or more;
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., kissing, sharing utensils, etc.).

*If you have not been in close contact with a sick person with COVID-19, you are at low risk for infection.*

### What should I do when I am exposed to confirmed COVID-19?

If you think you have been exposed to someone with laboratory-confirmed COVID-19, follow the steps:

- Monitor your health for fever, cough and shortness of breath during the 14 days after the last day you were in close contact with the sick person with COVID-19
- If you get sick with fever, cough or shortness of breath (even if your symptoms are very mild), you may have COVID-19. You should isolate yourself at home and away from other people.

### Do I have to work?

Yes. On March 16, 2020 Governor Newsom issued [Executive Order N-27-20](#), which authorized first responders, health and human services care providers and workers who are asymptomatic (including those with known exposure to COVID-19 patients) to continue working subject to taking precautions to prevent transmission.

## Is there treatment for COVID-19?

There are currently no medications to treat COVID-19. Treatment is supportive (e.g., reducing fever). Severe cases may require hospitalization and support such as mechanical ventilation. If you have a medical emergency and need to call 911, notify the dispatch personnel that you may have been exposed to COVID-19. If possible, put on a facemask before emergency medical services arrive or immediately after they arrive.

## If I get COVID-19 when can return to work?

You can discontinue home isolation under the following conditions:

- At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); AND,
- At least 7 days have passed since symptoms first appeared.