

EXPOSED PATIENT FAQ



What to do if you were potentially exposed to someone with confirmed coronavirus disease (COVID-19)

If you think you have been exposed to someone with laboratory-confirmed COVID-19, follow the guidelines below to monitor your health and avoid spreading the disease to others if you get sick.

What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a respiratory disease caused by a 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 symptoms but some people will get sicker and may need to be hospitalized.

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 or caring for a sick person with COVID-19
- Being within 6 feet of a sick person with COVID-19 for about 10 minutes, OR
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

If you have not been in close contact with a sick person with COVID-19, you are considered to be at low risk for infection. You can continue to go to work and/or school, but should monitor your health for 14 days and stay away from others if you get sick.

What should I do if I am in close contact to someone with COVID-19 but am not sick?

You should 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.

What should I do if I am in close contact to someone with COVID-19 and get sick?

If you get sick with fever, cough or shortness of breath (even if your symptoms are very mild), **you should stay at home and away from other people.** If you have any of the following conditions that may increase your risk for a serious infection —age 60 years or over, are pregnant, or have medical conditions—contact your PCP's office and tell them that you were exposed to someone with COVID-19. They may want to monitor your health more closely or test you for COVID-19.

If you do not have a high-risk condition but want medical advice, you can call your local GHC-SCW Clinic or call GHC-SCW NurseConnect Line at: 608-661-7350 or toll free 855-661-7350 for advice on, where they should go for care. Our nurses are on-call 24/7. Please inform them that you were exposed to someone with COVID-19. Your healthcare providers can help you decide if you need to be evaluated in person. **GHC Care OnDemand** is our new 24/7 Online Clinic. No appointments are needed for medical visits, ever and the service is free* for most GHC-SCW members. Visit ghccareondemand.com to start a virtual visit. **Members with Badgercare, Medicare or HSA-Eligible plans have restrictions or limitations.*

There are currently no medications to treat COVID-19 and treatment recommendations include: **stay home, rest, drink fluids, and take fever-reducing medications (Tylenol/Acetaminophen).**

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.

BETTER TOGETHERSM

 **Group Health
Cooperative**

of South Central Wisconsin