



Guidance on the Contact of a Close or Casual Contact of a Confirmed or Suspected Case of COVID-19

Person A: CASE

Laboratory-confirmed positive for COVID 19

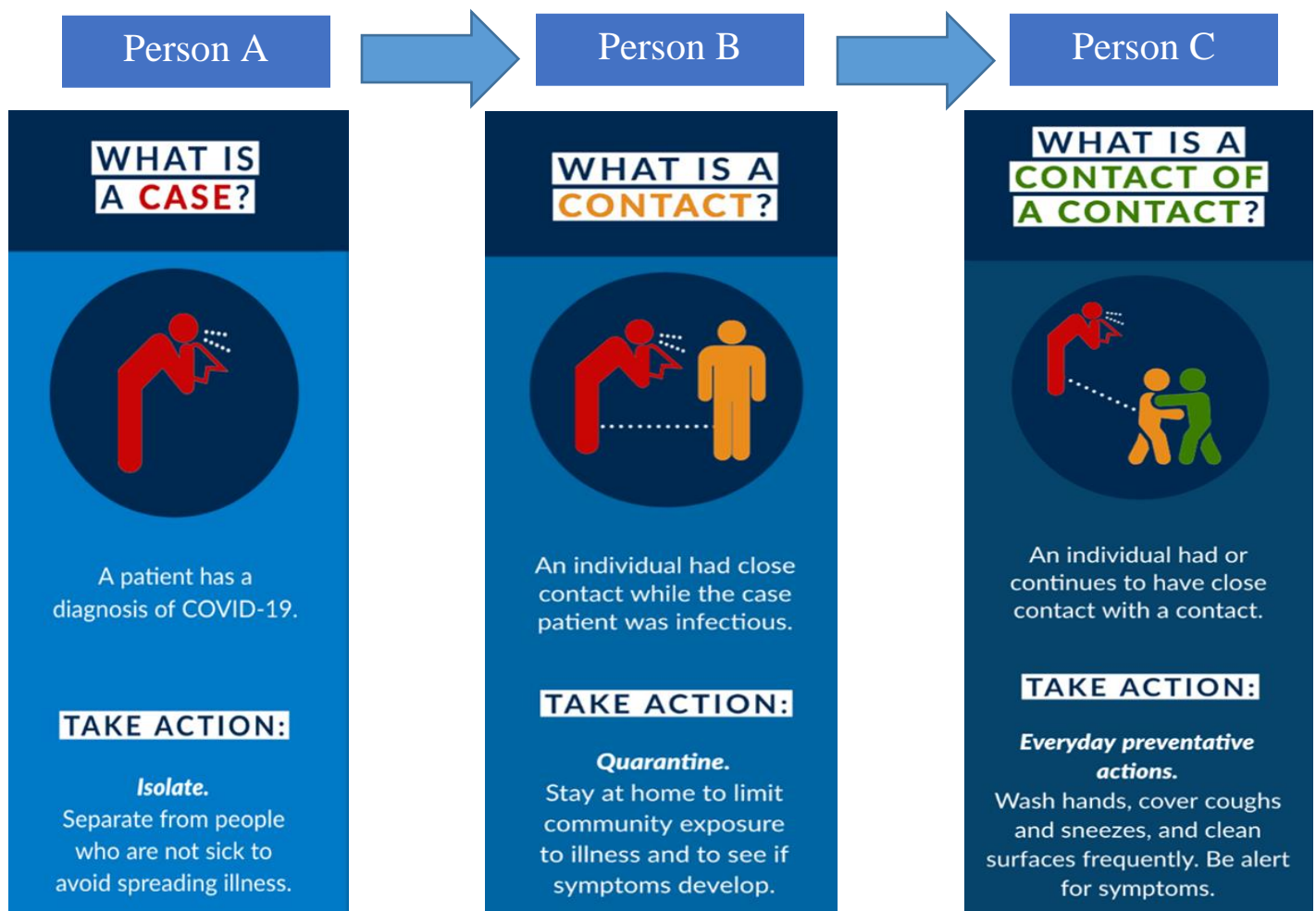
Person B: CLOSE CONTACT

“Close contact” with Person A

- Considered “Medium to High Risk”
- Individuals who were within 6 feet of Person A for a prolonged period of time (more than 15 minutes) or had direct contact with their secretions (e.g. coughed on).

Person C: CONTACT OF A CONTACT

Any person who is in contact of Person B (e.g. spouse, children, parents, co-workers, friends, etc.) is considered “Low Risk.”



Household Members:

- If an asymptomatic (no symptoms) person is contacted by DPHSS to be notified that they are a close contact of a confirmed COVID-19 case, they should remain home, practice social distancing, and monitor for symptoms.
- Any child, spouse or other household members of this asymptomatic contact are a “contact of a contact” and therefore are not required to take any special precautions. They can go to school, work, and engage in other activities but must practice social distancing, wash hands often and wear face covering.

Co-workers:

- If an asymptomatic employee calls their supervisor and notified them that they are required to stay home because they were a close contact of a confirmed case, the contacts they had at work are considered “contacts of contact,” are not required to take any special precautions. They should be permitted to continue to work but must practice social distancing, wash hands often and wear face covering.

How long should close/household contacts of a confirmed COVID-19 case remain home while monitoring themselves?

- **Symptomatic** contacts: Must self-isolate at home until they are fever free for a full 3 days (or 72 hours with no fever without the use of fever reducing medicine) **AND** other symptoms, such as cough and shortness of breath have improved **AND** at least 7 days have passed since symptoms first appeared. After self-isolation ends, the person may return to normal activities including work and school but must practice social distancing, wash hands often and wear face covering.
- **Asymptomatic** contacts: If the confirmed case remains a close contact after symptoms develop, the asymptomatic contact would self-isolate for 14 days **AFTER** the COVID-19 case is no longer required to self-isolate. If the asymptomatic contact no longer has close contact with the confirmed case, they would self-isolate for 14 days **AFTER** they last came into contact with the confirmed case.

Do “contact of contacts” need to take any special precautions?

- No. A person who is a contact of a contact does not have any restrictions and can continue with normal activities such as going to work or school but must practice social distancing, wash hands often and wear face covering. If this person later develops symptoms, see instructions listed above for **symptomatic** contacts.

Should you get tested for COVID-19?

Do you feel sick?



Fever or chills



Cough



Shortness of breath
or difficulty breathing



New loss of
taste or smell



Muscle pain



Sore throat

Yes



Get tested

- Talk to your doctor about getting tested

No



Consider getting tested if:

- You have been directly exposed to someone who has COVID-19 or symptoms of COVID-19
- You work in a profession that puts you at high risk of exposure (e.g. health care workers, first responders)
- Someone you are close to feels sick



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For more information, call your health care provider or the DPHSS Medical Triage Hotline at 311 option 1.