**GUIDANCE ON COMMUNITY-RELATED EXPOSURE TO COVID-19**

As COVID-19 spreads in the United States, we’re seeing what we call “community transmission,” meaning the virus is spreading in the community from an unknown source. Your goal as a Contact Tracer will be to limit this type of transmission by investigating cases and exposures to the virus, and identifying potential links to others. Depending on the type of exposure a person had, a Contact Tracer may share different advice and instructions:

<table>
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<tr>
<th>If a person is...</th>
<th>With exposure to...</th>
<th>Recommended steps include...</th>
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| • An individual who has had close contact (less than six feet) for more than 15 minutes over a 24-hour period.*  
  *This may include, for example, three 5-minute exposures for a total of 15 minutes over a 24-hour period.*  | • A person who has symptomatic COVID-19, between 2 days before their symptoms began and the point when that person is able to stop home isolation.  
• A person who has tested positive for COVID-19 (laboratory confirmed) but has not had any symptoms in the 2 days before they were tested until the point where they are able to stop home isolation.  | • Staying home until 14 days after last exposure and keeping social distance (at least six feet) at all times.  
• Self-monitoring for symptoms:  
  o Checking temperature twice a day.  
  o Watching for fever, cough, or shortness of breath.  
• Avoiding contact with people at higher risk for severe illness (unless they live in the same home and had same exposure).  
• Following [CDC guidance](https://www.cdc.gov/coronavirus/2019-ncov) if symptoms develop. |
| • A U.S. resident, other than those with a known risk exposure.  | • Possible unrecognized COVID-19 exposures in U.S. communities.  | • Practicing social distancing:  
  o Maintaining six feet of distance from others.  
  o Staying out of crowded places.  
• Being alert for symptoms:  
  o Watching for fever, cough, or shortness of breath.  
  o Taking temperature if symptoms develop.  
• Following [CDC guidance](https://www.cdc.gov/coronavirus/2019-ncov) if symptoms develop. |

Adapted from [Public Health Recommendations for Community-Related Exposure](https://www.cdc.gov/coronavirus/2019-ncov/hcp/community-related-exposure.html) (CDC)