COVID-19: Close Contacts

If you have been **within 6 ft.** of a person infected with COVID-19 for 15 minutes or greater, you are considered a **close contact**.

These individuals **may develop** COVID-19 as well.

Close contacts are quarantined for **14 days after their last exposure** with the COVID-19 case.

CASE

PARTNER   CHILD   FRIEND   COWORKER

CLOSE CONTACTS

Close contacts to a COVID-19 case should:

Stay home from work* or school and remain 6 feet away from others

Self monitor for symptoms of COVID-19, including twice-daily temperature checks

Stay away from people at **high risk** for severe illness

* Essential workers without symptoms can continue to work, should wear a mask, and should monitor themselves for symptoms.

Everyone should prevent the spread of COVID-19 by:

- **Washing hands** frequently with soap and water for at least 20 seconds, or using a hand sanitizer with at least 60% alcohol
- **Covering your cough** with a tissue or your elbow
- **Wearing a mask**, if it can be safely managed
- **Cleaning and disinfecting** frequently touched objects and surfaces

ARIZONA DEPARTMENT OF HEALTH SERVICES

August 2020