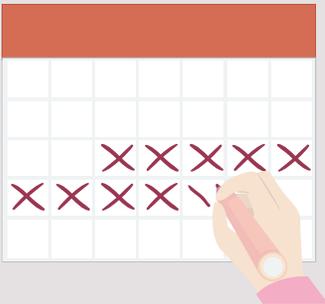# COVID Exposure Guidelines

**Children's
of Alabama**®

What do I do if I have been diagnosed with COVID?

- Stay home.

- Rest, stay hydrated and take fever-reducers.

- Seek medical care immediately if you develop trouble breathing, persistent chest pain or pressure, bluish lips/face, altered mental status, or any other concerning symptoms.

- Vaccinated household contacts may come near you, but you both should wear masks during any contact, since breakthrough infections are known to occur in vaccinated people.

- The vaccinated household member does not have to quarantine but should do the following: wear a mask indoors in public, monitor for symptoms for 14 days after your infectious period, and be tested 3-5 days after the first and last exposures (see below).

When is it safe for me to be around others after I have been diagnosed with COVID?

When you have met **ALL** of the following criteria:

- Fever free for 24 hours (without use of fever reducer) **AND**

- Respiratory symptoms have improved (cough, shortness of breath) **AND**

- Ten days have passed since your first symptoms appeared

If you had no symptoms, you can be around others 10 days after your test was obtained.

When is my infectious period?

Any time in the **2 days before symptoms developed until you have been cleared to come out of isolation** (24 hours fever free, respiratory symptoms improved, 10 days from onset of symptoms OR 10 days from positive test if asymptomatic).

**Encourage everyone you know to wear masks and social distance
to prevent the spread of COVID!**

COVID Exposure Guidelines

Children's of Alabama®

Close Contact Guidance

What is the definition of a close contact? Anyone who has been within 6 feet of you for at least 15 minutes in a 24-hour period (or shorter duration if you coughed or sneezed on them) during your infectious period.

Exception: In the indoor classroom setting, the close contact definition excludes students who were within 3-6 feet of an infected student (laboratory-confirmed or a clinically compatible illness) if both the infected student and the exposed student(s) correctly and consistently wore well-fitting masks the entire time.

This exception does not apply to teachers, staff or other adults in the indoor classroom setting. Therefore, it is beneficial for these adults to maintain 6 feet of distance from students in the classroom as often as possible.

If I am a close contact of someone with COVID, what should I do?

If you are **fully vaccinated** (>2 weeks from your second dose with Pfizer/Moderna or >2 weeks from your J&J vaccine) and are exposed to COVID:

- You do NOT have to quarantine, but you should wear a mask indoors in public for 14 days and monitor for symptoms (NOTE: in large crowds, EVERYONE should wear a mask indoors, regardless of vaccination status or exposure status).
- Get tested 3-5 days after the exposure AND if symptoms develop.

If you are **unvaccinated** or **not fully vaccinated** and are exposed to COVID:

- You must quarantine for 10 days and monitor for symptoms.
- You should get tested immediately and, if negative, again at 5-7 days after the last exposure, BUT a negative test does not shorten the quarantine period of 10 days.
- You should also be tested immediately if you develop any symptoms during quarantine.

School examples:

- If exposed to COVID in a classroom at school and both parties are fully masked and are at least 3-6 feet apart, the exposed individual does not need to quarantine but should continue wearing a mask when indoors, space 6 feet apart outdoors, and monitor for symptoms for 14 days.
- If unvaccinated and exposed at lunch time or recess without masks and within 6 feet for more than 15 minutes, the exposed person must quarantine at home for 10 days.

COVID tests are now readily available. Contact your physician's office or pharmacy for testing information and locations.

COVID vaccination is ultimately what can get us beyond this pandemic. If you are 12 years or older and are unvaccinated, PLEASE get your COVID vaccine now.

www.ChildrensAL.org/coronavirus

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