

Instructions for completing Release Note:

Step One: Determine the individual's risk (if travel, where to and when returned; if exposed, get details about exposure) and find the best description of their exposure as described in 2nd and 3rd columns below to determine their risk category

Step Two: Ask about any symptoms which are most commonly fever, (87.9%), dry cough (67.7%), fatigue (38.1%), sputum production (33.4%), shortness of breath (18.6%), sore throat (13.9%), headache (13.6%), myalgia or arthralgia (14.8%), chills (11.4%), nausea or vomiting (5.0%), nasal congestion (4.8%), diarrhea (3.7%) (of 55,924 laboratory confirmed cases)

Step Three: based on whether they are asymptomatic or not, find the action that is needed in column 4 or 5

Step Four: Using this information, complete the form.

Additional Notes:

Quarantine starts on the last day they were exposed to a contagious person.

If that person were a household member (i.e., someone they are with every day), quarantine starts on the first day the infected individual is released from isolation (i.e., is considered to no longer be contagious). In these cases, quarantine would be 14 days + the length of the household member's isolation.

Isolation end date: is no sooner than 7 days after the first day of symptom onset

Risk Categories and Recommended Action for Individuals with Exposure to COVID-19

RISK	EXPOSURE		ACTION	
Their risk is considered:	IF they traveled from:	AND/OR were exposed to someone like this:	What action do you take if THEY HAVE NO SYMPTOMS:	What action do you take if THEY HAVE SYMPTOMS:
High Risk	Hubei Province, China	Living in the household as, intimate partner of, or providing care for a person sick with lab confirmed¹ COVID-19 infection <i>without using recommended precautions</i> for home care and home isolation See: https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html For recommended precautions	- Quarantine for 14 days unless they develop symptoms sooner. - No activities outside of the quarantine site (home, other). - Daily active monitoring, if possible, by local health department. Can return to normal activities, such as work, after 14 days if: - Healthy with no symptoms of illness - Has not had any new exposures within the 14 days that put them in a medium or high risk category	- Immediate isolation² - Call healthcare provider for further guidance - Any travel for healthcare is allowed while wearing a face mask
Medium Risk	Travel from a country/area with a Level 3 or Level 2 Travel Health Notice (Widespread ongoing transmission or ongoing community transmission) For updates on areas with Level 3 and 2 risk classifications, see https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html	- Close contact with a person sick with lab confirmed COVID-19^{1,3} - Travel on an aircraft, seated within 6 feet of a sick with lab confirmed¹ COVID-19 infection; this distance is approximately 2 seats in each direction - Living in the household as, intimate partner of, or providing care for a person sick with lab confirmed¹ COVID-19 in a <i>while consistently using recommended precautions</i> for home care and home isolation (see links above)	- Recommend to remain at home or in a similar setting for 14 days (self-quarantine) - Practice social distancing⁴ - Monitoring for symptoms Can return to normal activities after 14 days if: - Healthy with no symptoms of illness - Has not had any new exposures within the 14 days that put them in a medium or high risk category	- Immediate isolation² - Call healthcare provider for further guidance - Any travel for healthcare is allowed while wearing a face mask.

Their risk is considered:	IF they traveled from:	AND/OR were exposed to someone like this:	What action do you take if THEY HAVE NO SYMPTOMS:	What action do you take if THEY HAVE SYMPTOMS:
Low Risk	Travel from any other area	Being in the same room/building area a person sick with lab confirmed ¹ COVID-19 for a prolonged period of time but not meeting the definition of close contact	• No restriction on movement or work • Self-observe for symptoms of illness	• Immediate isolation² • Call healthcare provider for further guidance • Any travel for healthcare is allowed while wearing a face mask
Not an identifiable risk	No travel	• Any interaction with a person sick with lab confirmed¹ COVID-19, such as walking by the person or being briefly in the same room. • Any interaction with a person who have had potential exposures to a person sick with COVID-19 (such as in a household), i.e., “contact of a contact”⁵	No actions needed/no restrictions; no exposure is considered to have occurred	• Immediate isolation² • Call healthcare provider for further guidance • Any travel for healthcare is allowed while wearing a face mask

- ¹ The guidance from CDC states “lab confirmed”; there will be cases that are not lab confirmed and risk from exposure to this individuals will need to handled as best as possible, considering the individual, their occupation, etc.
- ²Clearance from isolation for confirmed or suspected COVID-19 can typically occur after:
 - At least 3 days (72 hours) have passed since having a fever without the use of fever-reducing medications **AND**
 - Respiratory symptoms (e.g., cough, shortness of breath) have been improving, **AND**
 - It has been at least 7 days since symptoms first appeared.
- ³**Close contact** is defined by the as CDC:
 - being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case
 - or –
 - having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)
- Examples of close contacts are individuals, that at some point while individual was symptomatic,:
 - Living in the same household
 - Having face-to-face exposure within 3 feet of a symptomatic patient for at least 10 minutes
 - Sharing the same confined space in close proximity with a symptomatic patient for ≥1 hour
 - Direct contact with respiratory, oral, or nasal secretions from a symptomatic patient
- ⁴**Social distancing** means remaining out of congregate (group) settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet) from others when possible.
- ⁵No special management for people exposed to people who have had potential exposures to a person sick with COVID-19 (such as in a household), i.e., “contacts of contacts;” **these people are not considered exposed** to COVID-19 and do not have any restrictions.