

## Frequently Asked Questions:

### IF You or Someone You Know is Sick or Had Contact with Someone who Has COVID-19

What should I do if I get sick or someone in my house gets sick?

MOST PEOPLE WHO GET COVID-19 WILL BE ABLE TO RECOVER AT HOME. CDC HAS DIRECTIONS FOR PEOPLE WHO ARE RECOVERING AT HOME AND THEIR CAREGIVERS, INCLUDING:

- STAY HOME WHEN YOU ARE SICK, EXCEPT TO GET MEDICAL CARE.
- USE A SEPARATE ROOM AND BATHROOM FOR SICK HOUSEHOLD MEMBERS (IF POSSIBLE).
- WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS, ESPECIALLY AFTER BLOWING YOUR NOSE, COUGHING, OR SNEEZING; GOING TO THE BATHROOM; AND BEFORE EATING OR PREPARING FOOD.
- IF SOAP AND WATER ARE NOT READILY AVAILABLE, USE AN ALCOHOL-BASED HAND SANITIZER WITH AT LEAST 60% ALCOHOL. ALWAYS WASH HANDS WITH SOAP AND WATER IF HANDS ARE VISIBLY DIRTY.
- PROVIDE YOUR SICK HOUSEHOLD MEMBER WITH CLEAN DISPOSABLE FACEMASKS TO WEAR AT HOME, IF AVAILABLE, TO HELP PREVENT SPREADING COVID-19 TO OTHERS.
- CLEAN THE SICK ROOM AND BATHROOM, AS NEEDED, TO AVOID UNNECESSARY CONTACT WITH THE SICK PERSON.

### Contact Tracing

Who is considered a close contact to someone with COVID -19?

- **FOR COVID-19, A CLOSE CONTACT IS ANYONE WHO WAS WITHIN 6 FEET OF AN INFECTED PERSON FOR A TOTAL OF 15 MINUTES OR MORE. AN INFECTED PERSON CAN SPREAD COVID-19 STARTING 48 HOURS (OR 2 DAYS) BEFORE THE PERSON HAS ANY SYMPTOMS OR TESTS POSITIVE FOR COVID-19.**

WHAT IS A CASE?	WHAT IS A CONTACT?	WHAT IS A CONTACT OF A CONTACT?
		
A patient has a diagnosis of COVID-19.	An individual had close contact while the case patient was infectious.	An individual had or continues to have close contact with a contact.
<b>TAKE ACTION:</b>	<b>TAKE ACTION:</b>	<b>TAKE ACTION:</b>
<i>Isolate.</i> Separate from people who are not sick to avoid spreading illness.	<i>Quarantine.</i> Stay at home to limit community exposure to illness and to see if symptoms develop.	<i>Everyday preventative actions.</i> Wash hands, cover coughs and sneezes, and clean surfaces frequently. Be alert for symptoms.

Am I considered a close contact if I was wearing a mask?

- **YES, YOU ARE STILL CONSIDERED A CLOSE CONTACT EVEN IF YOU WERE WEARING A MASK WHILE YOU WERE AROUND SOMEONE WITH COVID-19. MASKS ARE MEANT TO PROTECT OTHER PEOPLE IN CASE YOU ARE INFECTED, AND NOT TO PROTECT YOU FROM BECOMING INFECTED.**

## If I am a close contact, will I be tested for COVID-19?

IF YOU HAVE BEEN IN [CLOSE CONTACT](#) WITH SOMEONE WHO HAS COVID-19, YOU **SHOULD BE TESTED**, EVEN IF YOU DO NOT HAVE SYMPTOMS OF COVID-19. THE HEALTH DEPARTMENT MAY BE ABLE TO PROVIDE RESOURCES FOR TESTING IN YOUR AREA.

- WHILE YOU ARE WAITING FOR YOUR COVID-19 TEST RESULT, **stay home away from others (SELF-QUARANTINE)** AND MONITOR YOUR HEALTH [FOR SYMPTOMS OF COVID-19](#) TO PROTECT YOUR FRIENDS, FAMILY, AND OTHERS FROM POSSIBLY GETTING COVID-19.
- IF YOUR **TEST IS POSITIVE**, YOU SHOULD CONTINUE TO STAY HOME AND [SELF-ISOLATE](#) AWAY FROM OTHERS AND MONITOR YOUR HEALTH. IF YOU HAVE SYMPTOMS OF COVID-19 AND THEY WORSEN OR BECOME SEVERE, YOU SHOULD SEEK EMERGENCY MEDICAL CARE. SEVERE SYMPTOMS INCLUDE TROUBLE BREATHING, PERSISTENT PAIN OR PRESSURE IN THE CHEST, CONFUSION, INABILITY TO WAKE OR STAY AWAKE, OR BLUISH LIPS OR FACE. SOMEONE FROM THE HEALTH DEPARTMENT MAY CALL YOU TO
  - CHECK ON YOUR HEALTH,
  - DISCUSS WHO YOU HAVE BEEN AROUND, AND
  - ASK WHERE YOU HAVE SPENT TIME WHILE YOU MAY HAVE BEEN ABLE TO SPREAD COVID-19 TO OTHERS.
- IF YOUR **TEST IS NEGATIVE** AND YOU **DON'T HAVE SYMPTOMS**, YOU SHOULD CONTINUE TO STAY HOME AND [SELF-QUARANTINE](#) AWAY FROM OTHERS FOR 14 DAYS AFTER YOUR LAST EXPOSURE TO COVID-19 AND FOLLOW ALL RECOMMENDATIONS FROM THE HEALTH DEPARTMENT. THIS IS IMPORTANT BECAUSE SYMPTOMS CAN APPEAR UP TO 14 DAYS AFTER YOU'VE BEEN EXPOSED AND ARE INFECTED. A NEGATIVE RESULT BEFORE THE END OF YOUR QUARANTINE PERIOD DOES NOT RULE OUT POSSIBLE INFECTION. ADDITIONALLY, YOU DO NOT NEED A REPEAT TEST UNLESS YOU DEVELOP SYMPTOMS, OR IF YOU REQUIRE A TEST TO RETURN TO WORK.
- IF YOUR **TEST IS NEGATIVE** AND YOU **HAVE SYMPTOMS**, YOU SHOULD CONTINUE TO SELF-QUARANTINE AWAY FROM OTHERS FOR 14 DAYS AFTER YOUR LAST EXPOSURE TO COVID-19 AND FOLLOW ALL RECOMMENDATIONS FROM THE HEALTH DEPARTMENT. ADDITIONAL MEDICAL CONSULTATION AND A SECOND TEST MAY BE NEEDED IF YOUR SYMPTOMS DO NOT IMPROVE.



If I was around someone who has COVID-19, and my COVID-19 test came back negative. Do I still need to quarantine for 14 days after I was exposed?

- YES, YOU ARE STILL CONSIDERED A CLOSE CONTACT EVEN IF YOU WERE WEARING A MASK WHILE YOU WERE AROUND SOMEONE WITH COVID-19. MASKS ARE MEANT TO PROTECT OTHER PEOPLE IN CASE YOU ARE INFECTED, AND NOT TO PROTECT YOU FROM BECOMING INFECTED.

What If I have been around someone who is identified as a close contact?

- IF YOU HAVE BEEN AROUND SOMEONE WHO WAS IDENTIFIED AS A [CLOSE CONTACT](#) TO A PERSON WITH COVID-19, CLOSELY MONITOR YOURSELF FOR ANY [SYMPTOMS OF COVID-19](#). YOU DO NOT NEED TO SELF-QUARANTINE UNLESS YOU DEVELOP SYMPTOMS OR IF THE PERSON IDENTIFIED AS A [CLOSE CONTACT](#) DEVELOPS COVID-19.

## Cleaning and Disinfection

Do car seats and booster seats need extra cleaning and disinfection to prevent spread of COVID-19? If so, How?

- IT MAY BE POSSIBLE THAT PEOPLE CAN GET COVID-19 BY TOUCHING A SURFACE OR OBJECT THAT HAS THE VIRUS ON IT AND THEN TOUCHING THEIR OWN MOUTH, NOSE, OR POSSIBLY THEIR EYES, BUT THIS ISN'T THOUGHT TO BE THE MAIN WAY THE VIRUS SPREADS. CDC RECOMMENDS CLEANING AND DISINFECTION OF FREQUENTLY TOUCHED SURFACES AND FREQUENT HANDWASHING OR THE USE OF HAND SANITIZER WITH AT LEAST 60% ALCOHOL AS BEST PRACTICE MEASURES FOR PREVENTION OF COVID-19 AND OTHER VIRAL RESPIRATORY ILLNESSES.
- SOME CLEANING AND DISINFECTION EXTERNAL ICON PRODUCTS ARE NOT RECOMMENDED FOR USE ON CAR SEATS AND BOOSTER SEATS. OWNERS SHOULD FOLLOW THE MANUFACTURER'S CLEANING INSTRUCTIONS FOR THEIR CAR SEATS AND BOOSTER SEATS.
- MOTOR VEHICLE CRASHES ARE A LEADING CAUSE OF DEATH FOR CHILDREN IN THE UNITED STATES. ALWAYS BUCKLE CHILDREN IN AGE- AND SIZE-APPROPRIATE CAR SEATS, BOOSTER SEATS, AND SEAT BELTS WHEN RIDING IN A VEHICLE.

What is the difference between cleaning and Disinfecting?

- CLEANING WITH SOAP AND WATER OR A DETERGENT REMOVES GERMS, DIRT, AND IMPURITIES FROM SURFACES. IT LOWERS THE RISK OF SPREADING INFECTION. DISINFECTING WITH A HOUSEHOLD DISINFECTANT ON LIST N: DISINFECTANTS FOR USE AGAINST SARS-COV-2 EXTERNAL ICON KILLS GERMS ON THE SURFACE. BY DISINFECTING OR KILLING GERMS ON A SURFACE AFTER CLEANING THE SURFACE, IT CAN FURTHER LOWER THE RISK OF SPREADING INFECTION. FOR MORE INFORMATION REVIEW CLEANING AND DISINFECTION RECOMMENDATIONS FOR FACILITIES AND HOMES.

What is routine cleaning? How frequently should facilities be clean to reduce potential spread of COVID-19.

- ROUTINE CLEANING IS EVERYDAY CLEANING PRACTICES THAT BUSINESSES AND COMMUNITIES NORMALLY DO TO MAINTAIN A HEALTHY ENVIRONMENT.
- SURFACES FREQUENTLY TOUCHED BY MULTIPLE PEOPLE, SUCH AS DOOR HANDLES, BATHROOM SURFACES, AND HANDRAILS, SHOULD BE CLEANED AND DISINFECTED WITH SOAP AND WATER OR DETERGENT. THESE SURFACES SHOULD BE CLEANED AT LEAST DAILY WHEN FACILITIES ARE IN USE.
- MORE FREQUENT CLEANING AND DISINFECTION MAY BE REQUIRED BASED ON LEVEL OF USE. FOR EXAMPLE, CERTAIN SURFACES AND OBJECTS IN PUBLIC SPACES, SUCH AS SHOPPING CARTS AND POINT OF SALE KEYPADS, SHOULD BE CLEANED AND DISINFECTED BEFORE EACH USE.



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