

VDH Interim Recommendations for People in U.S. Communities Exposed to COVID-19 other than [Health Workers](#) or other [Critical Infrastructure Workers](#)

Person	Exposed to	Recommendation for the Public	Public Health Response	Prioritization for VDH Resources
<p><u>All Virginians</u></p> <ul style="list-style-type: none"> Other than those with a known risk exposure Other than healthcare workers and essential workers 	Possible unrecognized COVID-19 exposures in US communities	<ul style="list-style-type: none"> Stay home except in extremely limited circumstances per Executive Order 55 Practice social distancing by maintaining 6 feet of distance from others and remaining out of crowded places Be alert for symptoms <ul style="list-style-type: none"> Watch for fever*, cough, or SOB Take temp. if symptoms develop 	Rely on external public messaging	
<p><u>Person with symptomatic COVID-19</u> (lab-confirmed OR clinically compatible illness in widespread community transmission states)</p>		<ul style="list-style-type: none"> Separate yourself from other people and animals in your home Stay home, except to get medical care. Get rest and drink plenty of fluids Consider treating symptoms with non-prescription medicines and call ahead before visiting a doctor 	<p><u>LHD Steps</u></p> <ol style="list-style-type: none"> Positive lab or Epi-1 reported in VEDSS Interview patient or provider with VDH Case Interview Script as resources permit Instruct case to follow recommendations Enter investigation into VEDSS Obtain list of close contacts 	<ol style="list-style-type: none"> Outbreaks or clusters of cases associated with LTCF, healthcare/medical settings, correctional facilities, other congregate care settings Outbreaks or clusters associated with other settings Cases in HCW, LTCF residents or staff, correctional facility residents or staff, others in congregate care settings Cases in people known to be hospitalized Cases in people aged ≥65 years Cases in people aged <5 years Other new cases
<p><u>Contacts</u></p> <ul style="list-style-type: none"> Household member Intimate partner Individual providing care in a household without using recommended infection control precautions Individual who has had close contact (< 6 feet)** for a prolonged period of time *** 	<p>Person with symptomatic COVID-19 (lab-confirmed OR clinically compatible illness in widespread community transmission states):</p> <ul style="list-style-type: none"> During 48 hours before symptom onset Until meets criteria for discontinuation of home isolation 	<ul style="list-style-type: none"> Self-monitor for symptoms <ul style="list-style-type: none"> Check temperature twice a day Watch for fever*, cough, or SOB Avoid contact with people at higher risk for severe illness (unless they live in the same home and had same exposure) 	<p>FOR NOW:</p> <p>VDH continues contact tracing, interviewing and monitoring asymptomatic close contacts in REDCap using prioritization, as resources permit</p>	<ol style="list-style-type: none"> Contacts that work in healthcare settings, correctional facility residents or staff, LTCF residents or staff, essential workers, others in congregate settings Contacts at risk for poor outcomes (older, NH or LTCF, underlying conditions, pregnant) Other close contacts
<p><u>Travelers</u></p> <ul style="list-style-type: none"> All international and domestic travel Travel on cruise ship or river boat 	Possible unrecognized COVID-19 exposures in US and international communities		Rely on external public messaging	

*For the purpose of this guidance, fever is defined as subjective fever (feeling feverish) or a measured temperature of 100.4°F (38°C) or higher. Note that fever may be intermittent or may not be present in some people, such as those who are older, immunosuppressed, or taking certain medications (e.g., NSAIDs).

** Data are limited to define of close contact. Factors to consider when defining close contact include proximity, the duration of exposure (e.g., longer exposure time likely increases exposure risk), whether the individual has symptoms (e.g., coughing likely increases exposure risk) and whether the individual was wearing a facemask (which can efficiently block respiratory secretions from contaminating others and the environment).

***Data are insufficient to precisely define the duration of time that constitutes a prolonged exposure. Recommendations vary on the length of time of exposure from 10 minutes or more to 30 minutes or more. VDH recommends using ≥10 minutes. In healthcare settings, it is reasonable to define a prolonged exposure as any exposure greater than a few minutes because the contact is someone who is ill. Brief interactions are less likely to result in transmission; however, symptoms and the type of interaction (e.g., did the person cough directly into the face of the individual) remain important.

For healthcare personnel exposed in healthcare settings, refer to separate [guidance](#) for recommendations.