

# COVID-19 EXPOSURE RISK ASSESSMENT GUIDE

IF YOU ARE:	AND HAVE HAD EXPOSURE TO:	THESE ACTIONS APPLY:
<p><b>RECOGNIZED EXPOSURE</b></p> <ul style="list-style-type: none"> <li>• A household member</li> <li>• An intimate partner</li> <li>• An individual providing care in a household without using recommended CDC infection control precautions</li> <li>• An individual who has had close contact<sup>(2)</sup> for a prolonged period of time<sup>(1)</sup></li> <li>• Travel<sup>(4)</sup> from a country with widespread ongoing transmission, which as of 3/27/20, includes all countries</li> <li>• Travel on cruise ship or river boat</li> </ul>	<p>A person with symptomatic COVID-19 (either laboratory-confirmed or a clinically compatible illness) during the period from 48 hours before symptoms onset and until they meet current criteria from the CDC for discontinuing home isolation as defined below:</p> <ul style="list-style-type: none"> <li>• At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications <b>and</b> improvement in respiratory symptoms (e.g. cough, shortness of breath); <b>and</b>,</li> <li>• At least 7 days have passed since symptoms first appeared</li> </ul>	<ul style="list-style-type: none"> <li>• Stay home until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times</li> <li>• Self-monitor for symptoms               <ul style="list-style-type: none"> <li>○ Check temperature twice a day</li> <li>○ Watch for fever<sup>(3)</sup>, cough, or shortness of breath</li> <li>○ Avoid contact with <a href="#">people at higher risk for severe illness</a> (unless they live in the same home and had same exposure)</li> </ul> </li> <li>• Follow <a href="#">CDC guidance</a> if symptoms develop</li> </ul>
<p><b>UNRECOGNIZED POSSIBLE EXPOSURE</b></p> <ul style="list-style-type: none"> <li>• All U.S. residents, other than those with a known risk exposure</li> </ul>	<p>Possible unrecognized COVID-19 exposures in U.S. communities</p>	<ul style="list-style-type: none"> <li>• Be alert for symptoms               <ul style="list-style-type: none"> <li>○ Watch for fever<sup>(3)</sup>, cough, or shortness of breath</li> <li>○ Take temperature if symptoms develop</li> </ul> </li> <li>• Practice social distancing               <ul style="list-style-type: none"> <li>○ Maintain 6 feet of distance from others</li> <li>○ Stay out of crowded places</li> </ul> </li> <li>• Follow <a href="#">CDC guidance</a> if symptoms develop</li> </ul>

(1) 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**. 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.

(2) Data are limited to define [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 face covering](#) (which can efficiently block respiratory secretions from contaminating others and the environment).

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

(4) Travel does not include normal "commute" driving.