Important Terms Used by the Santa Clara County Public Health Department

- **Close Contact** is defined as being within six (6) feet or less of a COVID positive individual for more than 15 minutes.

- **Exposure Period** is defined as:
  - **Start**: 2 days before the COVID positive person had symptoms or 2 days before the collection date of positive COVID test if the person does not have symptoms
  - **End**: Last day the COVID positive person was at facility.

Close Contacts – no close contacts identified – this section is for your information only

- Close contacts **must start quarantining at home** right after they learn that they have been exposed to a COVID positive person. Quarantine ends 14 days after the close contact’s last contact with the COVID positive person, even if the close contact tests negative and/or wore a mask at the facility.

- A close contact may continue to be exposed to the COVID positive person during the COVID positive person’s isolation – for example, if the close contact lives with the COVID positive person. In this case, the close contact’s quarantine period starts right after learning about the COVID positive person’s diagnosis and ends 14 days after the COVID positive person’s isolation period ends. In this case, quarantine may last about 24 days.

- You can find testing sites within Santa Clara County at [sccfreetest.org](http://sccfreetest.org).

- A close contact with **COVID symptoms** should:
  - Get tested immediately. Then repeat testing 7-14 days after last exposure to the COVID positive case (towards end of quarantine period), if the first test was negative and/or the test was earlier than 7 days after last exposure to the COVID positive case.

- A close contact with **NO COVID symptoms** should:
  - Get tested 7-14 days after the last exposure to the COVID positive person (towards the end of the quarantine period). However, close contacts should get tested immediately if they become symptomatic during quarantine. If a close contact gets tested earlier than 7 days after his/her last exposure to the COVID positive case, he/she should repeat testing towards the end of the quarantine period.

- Please let us know immediately if any of the close contacts test positive. Close contacts who test positive for COVID have to follow the isolation rule in the next section.

- **Close contacts** can go back to the facility on Day 15 after their last exposure to the COVID positive person if they:
  - Completed the full 14-day quarantine
  - Are not experiencing any COVID symptoms and
  - Have not tested positive

Isolation for COVID Positive People (10/1 Rule, as of 9/22/2020):

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SCCPHD General Information 10.28.2020
Note that the isolation period is different from the 14-day quarantine period for close contacts.

- **For persons who have symptoms:**
  - Remain isolated at home until at least 10 days have passed since the date symptoms first started AND at least 24 hours AFTER fever goes away (without the use of fever-reducing medication) and other symptoms improve.
  - For example, someone does not have symptoms at the beginning but suddenly develops symptoms on day 9 of isolation. Then it takes 2 days for their fever to go away and symptoms to resolve. She/he must wait 24 hours after that to end isolation (even though the person already isolated for 10 days). In this example, the isolation period would be 12 days in total.

- **For persons who do not have symptoms:**
  - Remain isolated at home until at least 10 days have passed since the first positive test was collected.

Once an individual’s isolation period is over, he/she may return to normal life and work. Providers, schools, or employers should not require repeat testing after this period because many individuals may have a positive result for days or weeks, even though they are no longer contagious. If the individual happens to be tested again and tests positive, a second isolation period is not needed.

**Non-Close Contacts**
For others who were at the facility during the exposure period but not in close contact with the COVID positive person, their risk of being infected with COVID is low. They do NOT need to self-quarantine, but they do need to self-monitor for symptoms and contact their primary care provider should they develop any. I recommend that, when you give non-close contacts information regarding the workplace exposure, you emphasize that their risk is low.

Of course, everyone should be careful to wash their hands, wear a face covering, and maintain social distance. These are the steps that your workplace should take to keep everyone safe.

*Please protect individual privacy and DO NOT disclose the name of the staff who tested positive when contacting individuals who had close contact with him/her, unless you have received permission to do so.

Thank you,

Lucy Alvarez