



Next Steps:

**I tested positive for COVID-19.
What can I do to help notify my
close contacts of their exposure?**

Notifying your own close contacts of their exposure to COVID-19 can help limit the spread in your community.

Who should I notify?

First, you need to determine the time period during which you could have exposed others.

- ◆ If you have symptoms, you were able to spread COVID-19 starting **two days before your first symptoms started**.
- ◆ If you have not had any symptoms, you were able to spread COVID-19 starting **two days before your positive COVID-19 test was taken**.
- ◆ You should notify anyone with whom you had **close contact while able to spread COVID-19**.

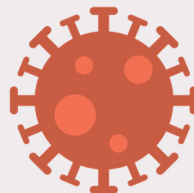
Close contact is defined as any of the following interactions:



Having direct physical contact with someone.
(e.g. hug, kiss, handshake)



Being within 6 feet of someone for 15 minutes total in a day.



Having contact with your respiratory secretions.
(e.g. coughed/sneezed on, contact with dirty tissue, sharing a drinking glass, food, towels, or other personal items)



Living with or spent the night with someone.

What do I tell my close contacts?

- ◆ A 14-day quarantine remains the safest option for close contacts. Quarantine may be shortened to 10 days, provided people still monitor for symptoms for the full 14 days. Quarantine may be shortened further to 7 days if a person receives a negative test result (PCR or antigen) that was collected on day 6 or 7.
- ◆ If your close contacts are fully vaccinated against COVID-19, meaning it has been at least two weeks since they received their last dose in the vaccine series, they do not have to quarantine. However, they should:
 - Get tested 3-5 days after close contact with someone with COVID-19, even if they don't have symptoms.
 - Wear a mask in public indoor spaces for 14 days after exposure or until they receive a negative COVID-19 test result.
 - Monitor for symptoms for 14 days after their last close contact.
 - Isolate at home if they develop symptoms or test positive for COVID-19.
- ◆ Your contact may receive a call from Public Health who will ask your contact some questions and provide additional information. **Please ask your contact to answer the phone call.**
- ◆ The DHS fact sheet called "[Next steps: close contacts of someone with COVID-19](#)" will provide more details for what to do to protect others.
- ◆ If your contact has additional questions, they can contact their primary care provider, local health agency, or visit the Wisconsin DHS [COVID-19 Website](#).

What if I want to remain anonymous but still notify my close contacts?

There is an online tool called “**Tell Your Contacts**” that allows for **anonymous text or email notifications**.

To send notifications from this tool:

1. Visit tellyourcontacts.org/.
2. Select **email** or **text** notification.
3. Enter your contacts’ information and exposure date.
4. Select either the pre-written message or customize your own. You do not need to enter your name.
5. Send your message.

