Next Steps: Notifying Close Contacts After You Are Diagnosed with COVID-19

Who should I notify?

After being diagnosed with COVID-19, determine the time period you were infectious and could have exposed others to COVID-19:

- If you have symptoms, you were able to spread COVID-19 two days before your first symptoms started.
- If you do not have symptoms, you were able to spread COVID-19 two days before your positive COVID-19 test was taken.

Notify everyone you had close contact with during this time period.

Who is a “close contact?”

Anyone who had the following interactions with you while you were infectious are close contacts:

- Direct physical contact (for example, a hug, kiss, handshake)
- Being within 6 feet of your for 15 minutes or more over a 24-hour period
- Contact with respiratory secretions (for example, coughed or sneezed on, sharing a drinking glass, other personal items)
- Living with, caring for, or staying the night with you
What do I tell my close contacts?

- All close contacts, regardless of vaccination status, should **get tested for COVID-19 at least 5 days after exposure** and **self-monitor for symptoms** for 10 days after exposure.

- Close contacts who are **not up to date on current vaccinations** should **quarantine** at home for 5 days and wear a well-fitting mask when around others for an additional 5 days.

- Close contacts who are **up to date on current vaccinations** do **not need to quarantine** but should **get tested and wear a well-fitting mask** around others for 10 days after exposure.

- If a close contact develops any symptoms of COVID-19, they should **isolate from others and get tested immediately**, regardless of vaccination status.

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

There is an online tool called **“Tell Your Contacts”** that you can use to send an anonymous text or email notification.

<table>
<thead>
<tr>
<th>To send notifications from this tool:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Select email or text notification.</td>
</tr>
<tr>
<td>3. Enter your contacts’ information and exposure date.</td>
</tr>
<tr>
<td>4. Select a pre-written message or customize your own. You do not need to enter your name.</td>
</tr>
<tr>
<td>5. Send your message.</td>
</tr>
</tbody>
</table>

Where can I learn more?

- For more information about isolation, visit: [www.dhs.wisconsin.gov/covid-19/diagnosed.htm](http://www.dhs.wisconsin.gov/covid-19/diagnosed.htm).

- If your close contact has additional questions, they can contact their doctor or a health care provider local health agency, or visit: [www.dhs.wisconsin.gov/covid-19/close-contacts.htm](http://www.dhs.wisconsin.gov/covid-19/close-contacts.htm)