

Exposure Guidance for Confirmed COVID19 for Non-Healthcare Setting

1 - Determine Your Risk:

Risk Level	Exposure with a symptomatic lab-confirmed COVID19 Infected Person
High	Living in the same household as, being an intimate partner of, or providing care in a nonhealthcare setting (such as a home) of a symptomatic laboratory-confirmed COVID-19 without using recommended precautions for home care and home isolation
Medium	Close contact (6-feet or less for prolonged period) or living in the same household as, an intimate partner of, or caring for a person in a nonhealthcare setting (such as a home) to a person with symptomatic laboratory-confirmed COVID-19 infection while consistently using recommended precautions for home care and home isolation
Low	Being in the same indoor environment (e.g., a classroom, a hospital waiting room) as a person with symptomatic laboratory-confirmed COVID-19 for a prolonged period of time but not meeting the definition of close contact.
No Risk	Interactions with a person with symptomatic laboratory-confirmed COVID-19 infection that do not meet any of the high-, medium- or low-risk conditions above, such as walking by the person or being briefly in the same room.

CDC defines close contact as:

- a) being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case, or
- b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)

2 - Determine Your Action:

Risk Level:	If Asymptomatic	If Symptomatic:
High	Home quarantine for 14 days from exposure Self-Monitor using: self.covid19.nj.gov	Immediate Isolation Contact Physician Self-Monitor using: self.covid19.nj.gov Notify care providers of Increased Risk
Medium	Remain at home for 14 days from exposure Self-Monitor using: self.covid19.nj.gov	Self Isolation Contact Physician Self-Monitor using: self.covid19.nj.gov Notify care providers workers of Increased Risk
Low	No actions recommended	Self Isolation Contact Physician Self-Monitor using: self.covid19.nj.gov Notify care providers of Increased Risk
No Risk	No actions recommended	Same as Low Risk above

Online COVID19 Diagnostic tool: SELF.COVID19.NJ.GOV

The above information is taken from current CDC Guidance for contact with confirmed COVID19 persons:
<https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

Exposure Guidance for Confirmed COVID19 for Healthcare Setting

