



# Waco Family Medicine

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## My employee or child was exposed to COVID-19. What do I do now?

There is much fear surrounding COVID-19 statewide. The question often comes up, "What do I do if my employee or child in daycare/school was exposed to COVID-19?" **You do not need to be a doctor** to know what to do in this circumstance, as long as you follow the process below.

**First**, find out whether they are a **close contact** of someone with COVID-19? What is a close contact? They are someone who, in relation to a person with *known COVID-19* was:

- Less than 6 feet away for at least 15 minutes over the course of a 24 hour period OR
- Direct exposure to secretions/droplets (kissing, directly coughed or sneezed on) OR
- A household member
- Regardless of whether they or the person they were exposed to was wearing a mask

Note: the close contact needs to have occurred during the COVID-19 positive person's contagious period, defined as the 2 days prior to symptoms starting and up to 10 days after symptoms start. If it did not occur during this period of time then "close contact" is not considered to have occurred.

**Second**, if the person is a close contact, do they have symptoms of COVID-19? The symptoms of COVID-19 are as follows:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**If** they have any of these **symptoms**, they need to be tested for COVID.

**If** your employee does not have symptoms then they should wear a mask for 10 days since last contact with with COVID + person and get tested if they develop symptoms. No need for them to quarantine otherwise.

Sincerely,  
Waco Family Medicine