

The West Virginia Department of Health and Human Resources, Bureau for Public Health (BPH) continues to respond to the novel coronavirus disease (COVID-19) in West Virginia. BPH is working closely with communities, state agencies, local and federal partners to monitor the ongoing risk of COVID-19 and ensure the health and protection of all individuals in West Virginia.

If you have been exposed to someone with laboratory-confirmed COVID-19, follow the steps below to avoid spreading the disease to others.

COMMON SYMPTOMS OF COVID-19

- Fever
- Cough
- Shortness of breath
- Chills
- Muscle pain
- Sore throat
- Recent loss of taste or smell

PERSON-TO-PERSON TRANSMISSION

- Occurs via small droplets from the nose or mouth of the infected person when they cough, sneeze, or exhale.
- Virus can remain on surfaces for a limited time period. Although less common, transmission may occur from touching contaminated surfaces and then touching your eyes, nose or mouth.

GENERAL PREVENTION

- Learn about COVID-19 from reputable sources.
- Maintain physical distance of at least 6 feet between yourself and others.
- Encourage proper handwashing.
- Clean and sanitize surfaces often.
- Do not share food, drinks, etc.
- Wear cloth face coverings.
- Stay home if you feel sick.
- Isolate sick individuals.

HOW DO I KNOW IF I WAS EXPOSED?

You generally need to be in close contact with a person who has COVID-19.

WHAT COUNTS AS A CLOSE CONTACT?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more over a 24-hour period.
- You provided care at home to someone who is sick with COVID-19.

- You had direct physical contact with someone who has COVID-19 (e.g. hugging, kissing).
- You shared eating or drinking utensils with someone who has COVID-19.
- Someone who has COVID-19 sneezed, coughed, or somehow got respiratory droplets on you.

SHOULD I GET TESTED FOR COVID-19 AND WHEN?

- If you have had close contact with someone with COVID-19 and have symptoms, get tested as soon as possible.
- If you have had close contact with someone with COVID-19 and do not have symptoms, get tested no sooner than 5 days after contact.
- If you think you have had close contact with someone with COVID-19 but are not sure, get tested no sooner than 5 days after contact.
- If you have been in a high-risk situation, such as large group gatherings, especially with limited social distancing and/or few people wearing masks, get tested for COVID-19 no sooner than 5 days after contact.

ANSWER THE CALL

Your local health department will reach out to you if you are identified as a close contact during contact tracing. Working with the local health department is the best way to protect your family and friends from COVID-19.

WHERE TO GET TESTED

You can contact your healthcare provider to ask about getting tested. For a list of upcoming free testing sites, pharmacies that provide drive-through testing at no charge, and other testing opportunities and site-specific information, visit www.coronavirus.wv.gov. Some testing sites require a physician order; however, drive-through testing sites are frequently available that do not require a physician order.

Questions about testing can be answered by the WV Coronavirus Hotline, 1-800-887-4304.

STAY HOME AND MONITOR YOUR HEALTH

- **Stay home (“self-quarantine”) for 14 days after your last contact with someone who has COVID-19.** To avoid spreading COVID-19, stay away from others, especially people who are at higher risk for getting very sick. If this is not possible, wear a mask while around others. Do not go to work,* school, or other settings where multiple people are present such as indoor church services, indoor dining, or social gatherings. Do not take public transportation, taxis, or ride-shares.
- **If you test negative during your quarantine period, you will still need to complete your full 14-day quarantine before it is safe to go back to work or be around others.** Getting tested for COVID-19 can help to identify infections quickly, but a negative test result before the end of the 14-day period does not rule out possible illness. Symptoms can appear 2 to 14 days after being exposed to the COVID-19 virus.
- **Monitor your health.** Take your temperature with a thermometer two times a day (once in the morning, once at night) and watch for fever (>100.4°F). Also, watch for other signs and symptoms of COVID-19, such as cough, shortness of breath, chills, muscle pain, sore throat, or new loss of taste or smell.

*People with certain jobs (e.g., [critical infrastructure workers](#)) may be allowed to go to work after being exposed to COVID-19 if the business cannot operate without them. However, they can *only* go to work if they do not have any symptoms and if additional precautions are taken to protect them and the community.

WHAT IF I GET SICK?

- If you get sick with fever, cough, or shortness of breath (even if your symptoms are very mild) during the 14 days after close contact with someone who has COVID-19, you likely have COVID-19. Most people have mild illness and are able to recover at home.

- You should isolate yourself at home and stay away from other people for 10 days after your symptoms began.
- Isolation can be discontinued after 10 days **IF** you are fever free for 24 hours without the use of fever-reducing medications **AND** your symptoms have improved.
- Always wear a mask if you have to be around someone.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- Stay in touch with your doctor if you are at [increased risk of severe illness](#). Call before you seek medical care.

SHOULD I SEEK MEDICAL ATTENTION?

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

**This list does not include all the possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.*

Call 911 or call ahead to your local emergency facility:

Notify the operator that you are seeking care for someone who has or may have COVID-19.

ADDITIONAL INFORMATION

Tested Positive? See DHHR guidance, [What to do if you have tested positive for COVID-19](#).

Questions and concerns can also be directed to the 24/7, toll-free COVID-19 information hotline:

1-800-887-4304