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.**
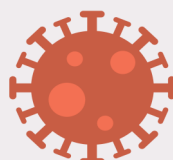
Who is a "close contact?"

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.**

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 a pre-written message or customize your own. You do not need to enter your name.
5. Send your message.

Where can I learn more?

- For more information about isolation, visit: 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