Dear

Please be aware that you have recently come into close contact with someone who has tested positive for COVID-19. This determination has been made following guidelines provided by Waukesha County Public Health. Due to your close exposure to a COVID-19 positive person, it is required that you self-quarantine for 10 days and monitor for symptoms of COVID-19 for 14 days from the last date of contact with the person who has COVID-19 as listed below:

Date of Exposure:

Quarantine start date:

Quarantine end date:

*\*Quarantine dates are subject to change if Public Health receives updates during the investigation.*

What “Self-Quarantine” means for you:

* Stay out of the public and stay home
* Do not attend social gatherings or sports events, including both indoor and outdoor activities
* Do not use public transportation, ride-sharing, or taxis
* Do not travel, even within the local community
* Wash your hands often and practice good hand hygiene
* Postpone all non-essential medical appointments until you are out of quarantine. Notify your healthcare provider of your exposure to COVID-19 to determine how the healthcare provider would like to proceed
* Minimize contact with others in the home and, when possible, stay in your own room

and use your own bathroom.

* Do not share personal household items such as dishes, towels, and bedding.

Please review the Wisconsin DHS document *“*[*Next Steps: close contacts of someone with COVID-19*](https://www.dhs.wisconsin.gov/publications/p02598a.pdf)*” (*[*https://www.dhs.wisconsin.gov/publications/p02598a.pdf*](https://www.dhs.wisconsin.gov/publications/p02598a.pdf)*)* for information about quarantine and how to monitor for symptoms. Symptoms of COVID-19 include: fever or chills, new cough, shortness of breath or difficulty breathing, loss of sense of taste or smell, diarrhea, nausea or vomiting, muscle or body aches, fatigue, or headache.

If you develop any symptoms of COVID-19, do the following:

* Isolate yourself from others as you may be contagious
* Be tested for COVID-19, but please call your doctor ahead of time
* Notify your supervisor.
* If you are having a medical emergency, call 9-1-1.

Waukesha County Public Health recommends that you be tested for COVID-19 approximately 6 or 7 days after your last date of exposure, even if you do not have symptoms. The last date of exposure is counted as Day Zero. If you are tested on Day 6 or Day 7 and receive a negative test result, you may be released from quarantine on Day 8. You must continue to self-monitor for symptoms for 14 days even after a negative test result. If you begin to exhibit symptoms consistent with COVID-19 during the 14 days, you must self-isolate and notify your supervisor.

Sometimes people become infected with COVID-19 and do not show any symptoms, and a test would help identify if that is the case. A negative test result does not mean that you will not develop symptoms or become sick after the test. A negative test simply means that you did not have COVID-19 detected at the time of testing. That is why it is important to continue to monitor for symptoms for 14 days after exposure. (**Please note:** Some medical insurance may not cover the cost of testing for people without symptoms.)

For a listing of testing sites in Waukesha County, visit: [www.waukeshacounty.gov/testingsites](http://www.waukeshacounty.gov/testingsites)

For more information on COVID-19, visit [www.waukeshacounty.gov/SafeOpen.](http://www.waukeshacounty.gov/SafeOpen.%20)  If you have additional questions or concerns, please contact Waukesha County Public Health at (262) 896-8430.

Sincerely,