

## Fact Sheet: If you, or someone in your family, is a close contact of someone with COVID-19

If you, or someone in your family, is a close contact of a person that tests positive for COVID-19 (coronavirus), there's a chance that you might develop COVID-19 too. Follow the advice on this page to lower the risk of spreading the virus to people around you.

### ***What close contact means***

Close contact is when you have had physical contact (such as shaking hands) or spent time in close proximity to someone infected with COVID-19.

You could have been in contact with someone infected with COVID-19:

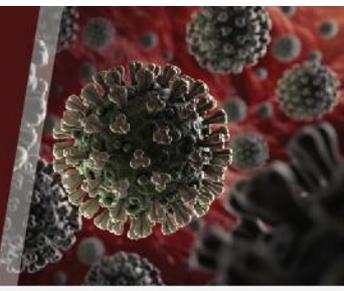
- In your home or community
- Outside your home (such as at work or school)

When you have been in close contact with someone infected with COVID-19, you may get a call from the Ministry of Health to let you know that you are a close contact. If you know you are a close contact but have not been contacted yet, you should follow the guidance below.

### ***All close contacts must quarantine immediately***

If you are a close contact of someone who has COVID-19 you must quarantine for 14 days from the last time you were in contact with that person.

You need to quarantine as soon as you are told that you are a close contact. You should ask other people to safely deliver anything that you might require during quarantine – for example, they can leave items outside your room for you to collect.



## ***Reduce the risk of infecting other people during quarantine***

Where possible, quarantine in a separate room to other family or household members and use a separate bathroom or hygiene facilities.

If this is not possible, find out if there is a Community Isolation and Quarantine Centre near you. If not, do your best to quarantine safely at home and keep a minimum of 1 meter distance from other people at all times.

Keep the windows open and have as much air flow as possible.

Wear a medical mask over your mouth and nose when someone else is in the same room as you.

Do not have any contact with other people during this time.

Clean and disinfect frequently touched surfaces on a regular basis with soap and water

Use separate dishes, cups, eating utensils and bedding from other members of your family or household.

## ***Monitor to see if symptoms develop***

Common symptoms of COVID-19 might include:

- Runny nose
- Headache
- Fatigue or tiredness
- Sneezing
- Sore throat

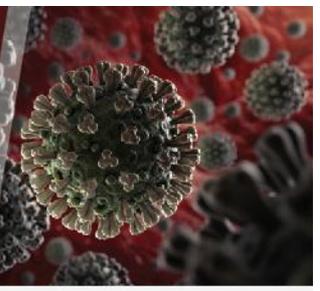
However some people might have no symptoms at all. People with and without symptoms are both contagious and can spread the virus to others.

If you develop any of these symptoms, get tested for COVID-19 if it is possible in the area where you live. Follow MOH advice or contact your local provincial health service to find the closest health care facility that offers COVID-19 testing. If testing is not available, you should assume that you have COVID-19 and follow the guidance for people that have COVID-19 (*Fact Sheet: If you, or someone in your family, has COVID-19*).

## ***Testing during quarantine***

If testing is available in the area where you live, get tested for COVID-19 on the tenth day after you had contact with the confirmed case (before you leave quarantine) or when you

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develop symptoms. Follow MOH advice or contact your local provincial health service to find the closest health care facility that offers COVID-19 testing.

If you have a positive test result during quarantine, you need to follow the guidance for people that have COVID-19 (*Fact Sheet: If you, or someone in your family, has COVID-19*).

## ***Quarantine for the required time***

You can leave quarantine after 14 days have passed since you were last in contact with someone with COVID-19 and you remain well and have not had a positive test result (if testing is available in your area).

Continue to monitor for symptoms of COVID-19 while you are in the community.

**Quarantine is required by law (in the Public Health Act) and if you do not follow this guidance you might receive a fine.**

## ***For more information***

COVID Information Hotline: 119

Ministry of Health COVID website: [www.covid19.gov.vu](http://www.covid19.gov.vu)

Facebook: Follow Health Promotions Vanuatu