Next Steps:

I tested positive for COVID-19. What can I do to help notify my close contacts of their exposure?

Notifying your own close contacts of their exposure to COVID-19 can help limit the spread in your community.

Who should I notify?

First, you need to determine the time period during which you could have exposed others.

- If you have symptoms, you were able to spread COVID-19 starting **two days before your first symptoms started**.

- If you have not had any symptoms, you were able to spread COVID-19 starting **two days before your positive COVID-19 test was taken**.

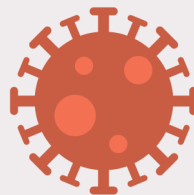- You should notify anyone with whom you had **close contact while able to spread COVID-19.**

Close contact is defined as any of the following interactions:

Having direct physical contact with someone.
(e.g. hug, kiss, handshake)

Being within 6 feet of someone for 15 minutes total in a day.

Having contact with your respiratory secretions.
(e.g. coughed/sneezed on, contact with dirty tissue, sharing a drinking glass, food, towels, or other personal items)

Living with or spent the night with someone.

What do I tell my close contacts?

A 14-day quarantine remains the safest option for close contacts. Quarantine may be shortened to 10 days, provided people still monitor for symptoms for the full 14 days. Quarantine may be shortened further to 7 days if a person receives a negative test result (PCR or antigen) that was collected on day 6 or 7.

- Your contact may receive a call from Public Health who will ask your contact some questions and provide additional information. **Please ask your contact to answer the phone call**.
- The DHS fact sheet called **"Next steps: close contacts of someone with COVID-19"** will provide more details for what to do to protect others.
- If your contact has additional questions, they can contact their primary care provider, local health agency, or visit the Wisconsin DHS **COVID-19 Website**.

What if I want to remain anonymous but still notify my close contacts?

There is an online tool called **"Tell Your Contacts"** that allows for **anonymous text or email notifications.**

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

YOU STOP THE SPREAD