Covid-19 - Guidance for Close Contacts

Guidance for close contacts of individuals with a confirmed or presumed case of COVID-19

As defined by the Centers for Disease Control and Prevention (CDC) a Close contact is defined as:

- being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time;
- close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case
- or
- having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)


If you are in close contact with a person who has a confirmed case, or presumed case of COVID-19, you should self-quarantine. Follow the CDC guidance (link below) for recommended precautions for household members and other close contacts. Self-quarantine should be done for a minimum of 14 days. Please use the contact information provided on the bottom of the page for further information. If you become sick, call your medical provider.

For the full CDC Guidance for household members and other close contacts, click the following link: https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html#precautions

For medical questions regarding COVID-19 contact these Hotlines:

Hartford Health Care: 860.972.8100 or (toll-free) 833.621.0600

Bristol Health: 860.261.6855

For more information go to the following websites:

Centers for Disease Control and Prevention www.cdc.gov
Connecticut Department of Public Health www.ct.gov
Plainville-Southington Regional Health District www.pshd.org

Contact PSHD through Email at covid19@southington.org