**COVID-19 Case vs. Exposure Letter**

Dear \_\_\_\_\_\_\_\_

This letter is to inform you of the definition of a Coronavirus (COVID-19) “case” and an “exposure”. As Coronavirus cases increase in our country and our community, we urge you to take necessary precautions to limit coronavirus spread in our community.

**What is a COVID-19 Case?**

A “case” refers to an individual who has tested positive for COVID-19 regardless of symptoms.

If a case is confirmed, the individual is required to isolate from others for 10 days after the first appearance of symptoms and 24 hours after a fever has disappeared.

If the individual does not experience symptoms, the individual is required to stay home until 10 days have gone by since the last positive test.

**What is a COVID-19 Exposure?**

Exposure to COVID-19 occurs after close contact- within 6 feet for a total of 15 minutes or more over a 24-hour period- with any individual who has tested positive for COVID-19

Direct exposure with an individual who has tested positive for COVID-19, includes:

* Being within 6 feet of someone who has COVID-19 for a total of 15 minutes or more over a 24-hour period
* Providing care at home to someone who is sick with COVID-19
* Sharing eating or drinking utensils with someone who has tested positive for COVID-19
* Exposure to respiratory droplets (sneezing, coughing, ect) from someone who has tested positive for COVID-19

If you were in direct exposure with an individual who has tested positive for COVID-19 then you should quarantine for 14 days after the last contact with the exposed person and watch for symptoms.

If you were **not** in direct exposure with an individual who has tested positive for COVID-19 then you are not required to quarantine.

**Please note that all information, including the name(s) of ill persons, shared regarding any Public Health investigation is confidential in order to protect patient privacy.**

**How You Can Help**

You can help by reducing the number of interactions through practicing physical distancing (staying at least 6 feet apart) to limit the spread of the coronavirus. In addition to physical distancing, another important tool to prevent the spread of coronavirus is to practice good hygiene. Important public health prevention includes:

* **Stay home when you are sick**
* **Wash your hands often with soap and water for at least 20 seconds**
* **Cover your coughs and sneezes with a tissue, and then dispose of the tissue and clean your hands immediately**
* **Wear a mask or face covering while in public spaces**

For additional questions about COVID-19, please visit the Pinal County Public Health Department coronavirus webpage at <https://www.pinalcountyaz.gov/coronavirus/pages/home.aspx>

Information compiled from <https://www.cdc.gov/>

Letter Compiled by University of Arizona Intern Jassmin Castro