

COVID-19 Exposure Instructions

If you believe you have been in close contact with a person who tested positive for COVID-19 please read the following instructions carefully.

A “Close Contact” is defined as being within <6 feet, for >15 minutes, where the interaction is of a higher risk (such as in intimate social settings, sharing meals together indoors, riding in vehicles) of an infected person within 48 hours of the time their symptoms began or within 48 hours of their positive test. If you HAD this kind of exposure, then you are a “Close Contact” of a COVID case.

If you did **NOT** have this kind of exposure, you are **NOT** considered a “close contact”.

A person who is a “Close Contact” of a COVID-positive person is at risk for a COVID infection and we recommend that you take the following steps:

- If you are experiencing symptoms, stay at home and follow the instructions listed on our website [HERE](#).
- Monitor yourself for COVID-19 symptoms including cough, shortness of breath, nasal congestion, sore throat, loss of taste or smell, fever, body aches, fatigue, diarrhea, nausea or vomiting
- You may attend class and/or work (unless you have symptoms of COVID-19 as mentioned above).
- If you do not develop symptoms, we **DO NOT** recommend that you take a COVID test.

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