

**What if I live with someone who has a confirmed or possible case of COVID-19?**

If you live with someone who has symptoms of COVID-19 or has tested positive for COVID-19, you should stay at home and isolate yourself from other people and animals in the home for 14 days after the last exposure. This would mean creating a space where you spend most of your time away from the individual who has symptoms. If you develop symptoms of COVID-19, contact your health care provider.

**What if I came into contact with the person who may have COVID-19?**

If you came into close contact (within 6 feet) of someone with symptoms of COVID-19 (fever over 100.4 degrees, cough, shortness of breath), you should self-isolate at home for 14 days after your last exposure. If you develop symptoms of COVID-19, contact your health care provider.

**I had contact with someone else who had contact with a confirmed or possible case of COVID-19.**

You are not required to self-isolate for 14 days; however, since there is community spread of the virus in Iowa, it is important for EVERYONE to stay at home as much as possible, leaving only for essential errands like grocery shopping or prescription pick-up. When you do these errands, you should go alone, if possible. Stay away from groups of people and keep a 6-foot distance from other individuals, even when outdoors.

**Why won't you release more information about the people who are confirmed cases?**

Iowa Code Chapter 22 prohibits the release of any information that could lead to the identification of an individual or facility. Local public health works with the confirmed case to identify close contacts who should monitor their health symptoms and self-isolate. There is no additional general public guidance that would result from providing more information about a case. ALL residents are urged to stay home as much as possible, stay away from groups of people and maintain a 6-foot distance from other individuals. This is needed by everyone, regardless of a confirmed case, because we know there is community spread of COVID-19 throughout the country and Iowa. The risk of the virus is the same for the general public regardless of a confirmed case in the community.