What To Do If You Think You Were In Contact With A COVID-19 Case

Do NOT share anyone else’s private health information (PHI).

Is it a lab-confirmed case?

- **Yes**
  - Public Health will already have been notified by the testing lab.
  - Public Health will notify close contacts of the case and guide next steps in coordination with UHS
  - Follow best hygiene practices below

- **No but testing was performed**
  - People have the right to share their private health information if they wish, but no obligation. We generally recommend against disclosure to groups, as it causes anxiety and no additional measures are recommended.
  - People should continue to practice healthy hygiene, physical distancing and going our only for essential needs.

- **No and they were NOT tested**
  - People have the right to share their private health information if they wish, but no obligation. We generally recommend against disclosure to groups, as it causes anxiety and no additional measures are recommended.
  - People should continue to practice healthy hygiene, physical distancing and going our only for essential needs.

- **Not a Direct Contact (friend of a friend)**
  - They will likely remain at home for 24 hours after symptoms resolve.

**Test Returns Positive**

1. Public Health will already have been notified by the testing lab.
2. Public Health will notify close contacts of the case and guide next steps in coordination with UHS
3. Follow best hygiene practices below

**Test Returns Negative**

- You will not be informed of the results, however see “Yes” category.

**Hygiene Best Practices**

- Monitor for symptoms and stay home if sick and call your health care provider
- Hand wash regularly and practice physical distancing, only go out for essential needs
- It is recommended that everyone cover their noses and mouths with cloth when leaving home
- Protect vulnerable populations (send home those caring for elderly, chronically ill) or those who consider themselves in the vulnerable population

**Stay informed with COVID-19:**
- uhs.berkeley.edu/coronavirus
- news.berkeley.edu/coronavirus