

Pike County Health Department

David Iftner, PhD, President, Board of Health
Anita Andress, RN, BSN, Administrator



606 W. Adams Street
Pittsfield, IL 62363-1308
Tel: (217) 285-4407
Fax: (217) 285-4639

HomeCare



Across Illinois

Public Service Announcement – What are Close Contacts?

FOR IMMEDIATE RELEASE
April 13, 2020

CONTACT: Sharon Bargmann, RN, BSN
217-285-4407 x 125
sbargmann@pikecoilhealth.org

Pike County, IL – When someone is diagnosed with the Novel Coronavirus (COVID-19), your local health department, such as Pike County Health Department (PCHD), will start the “contact tracing” process. Someone with the health department will ask about anyone that has been in “close contact” with the infected individual. What is a “close contact”? According to the Centers for Disease Control and Prevention (CDC), current data to define “close contact” is limited.

The CDC defines close contact as:

- a) being within approximately 6 feet of someone with COVID-19 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 someone diagnosed with COVID-19.

Or

- b) having direct contact with infectious secretions from someone with COVID-19 (e.g., being coughed on).

What is a “Prolonged period of time”? The CDC states that data is currently insufficient to precisely define the duration of time that constitutes a prolonged exposure. Until more is known about transmission risks, consider an exposure greater than a few minutes as a prolonged exposure. Brief interactions are less likely to result in transmission; however, clinical symptoms of the patient and type of interaction (e.g., did the patient cough directly into your face) remain important.

So what do you do?

- Wash your hands with soap and water for at least 20 seconds – especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with those that are sick.
- Stay home as much as possible.
- Put as much distance between yourself and other people as possible. Remember that some people without symptoms may be able to spread the virus.
- Cover your nose and mouth with a cloth face covering when around others.
- Cover your coughs and sneezes
- Clean and disinfect frequently touched surfaces daily.

For more information, go to www.cdc.gov/COVID19

###

Equal Opportunity Employer