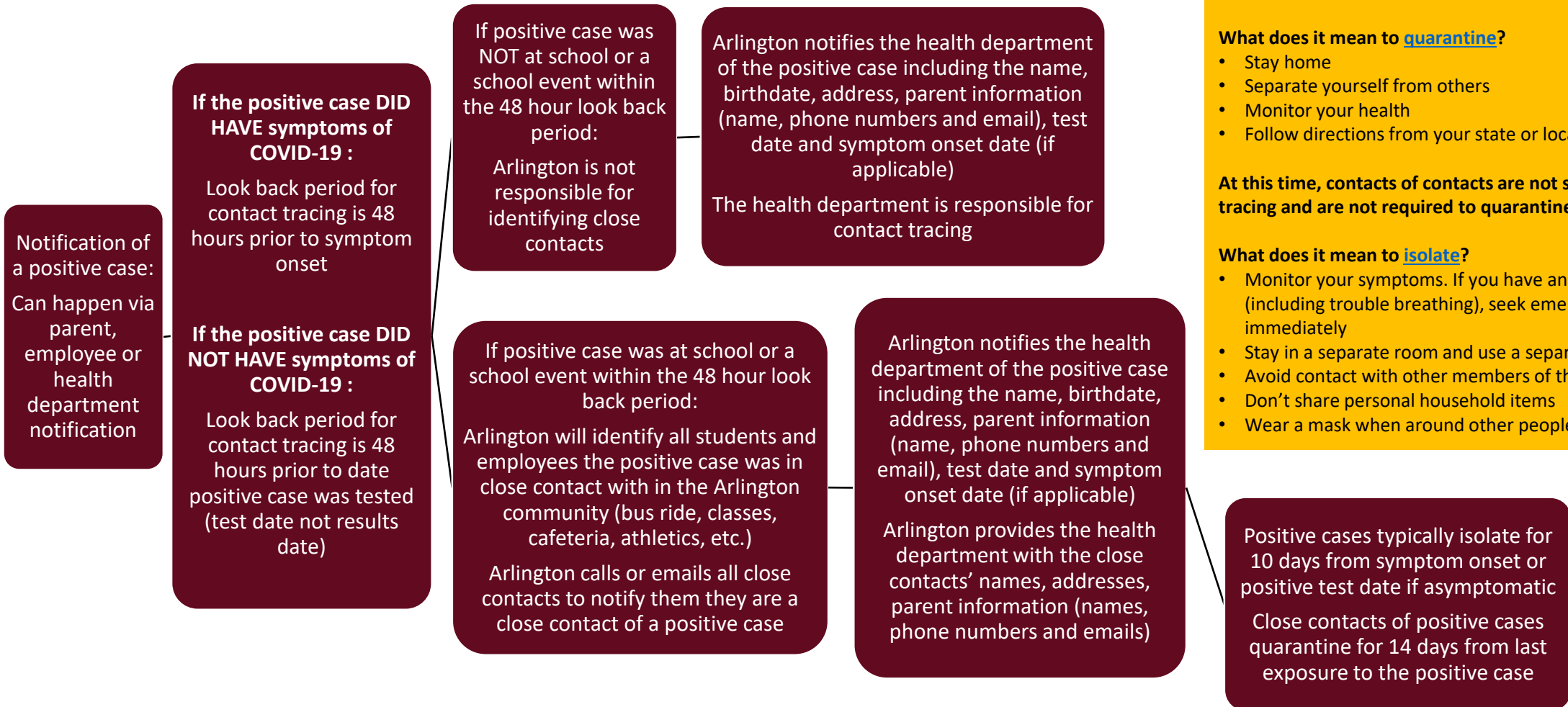


Arlington Central School District Contact Tracing Process



What counts as [close contact](#)?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more (it does not matter if you are wearing a face covering)
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the positive person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

What does it mean to [quarantine](#)?

- Stay home
- Separate yourself from others
- Monitor your health
- Follow directions from your state or local health department

At this time, contacts of contacts are not subjected to contact tracing and are not required to quarantine

What does it mean to [isolate](#)?

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately
- Stay in a separate room and use a separate bathroom, if possible
- Avoid contact with other members of the household and pets
- Don't share personal household items
- Wear a mask when around other people