



# COVID-19 Frequently Asked Questions(FAQs): Testing & ADH Response Efforts

## What should I do if I've been exposed to COVID-19?

If you've been exposed to someone who tested positive for COVID-19, you will need to get tested. If you are unsure where testing is available, you can find testing locations on the ADH website at: <https://www.healthy.arkansas.gov/programs-services/topics/covid-19-guidance-for-getting-tested>. Once you've been tested:

- If you have symptoms, isolate yourself at home until your test results come back.
- If you have a known exposure but no symptoms, [self-quarantine](#) at home until 14 days have passed since your exposure, even if your results come back negative.
- If you have no known exposures or symptoms, you may resume normal activity while taking precautions like physical distancing, wearing a face covering when you go out, and frequent handwashing.

## How is COVID-19 spread?

The virus is spread mainly from person-to-person between people within 6 feet of one other. The virus spreads through respiratory droplets produced when an infected person coughs, sneezes or talks. Some studies suggest that COVID-19 can be spread by people who are not showing symptoms.

## What does ADH do when a positive case is reported?

ADH staff conduct case investigations and contact tracing for confirmed positive cases of COVID-19.

## What is a case investigation?

Case investigation is the identification and investigation of patients with confirmed diagnoses of COVID-19. Case investigation is followed by contract tracing.

## What is contact tracing?

Contact tracing is how public health officials track the spread of an infectious disease outbreak. When a patient is confirmed to have an illness, they isolate themselves to prevent further spread of that illness. Public health staff help those who have been infected recall where they have been and with whom they had close contact while they were infectious. Those "close contacts" are contacted by public health staff and asked to quarantine themselves to stop further spread of the illness.

## What is a "close contact"?

Contact tracing focuses on close contacts while a positive patient was infectious. The infectious period begins 48 hours before the patient's symptoms began. If the person with COVID-19 never developed symptoms, the infectious period begins the 48 hours before the positive test was collected. A person is considered a close contact if they have been within 6 feet of the patient for at least 15 minutes. If a person is thought to be a close contact, then a contact tracer will give them a call. If the exposure wasn't within 6 feet, if it didn't last 15 minutes or more, or if it occurred before the infectious period, that person would not be considered a close contact and will not receive a phone call from a contact tracer.

## How are recoveries defined?

After a 10-day isolation period after the onset of symptoms or from the date of test if a patient is asymptomatic, a nurse will attempt to call the patient. If the patient has not had a fever for at least a day and the symptoms are improving, the patient will be marked as recovered. If we are unsuccessful in reaching the patient, they will be marked as recovered 14 days after symptom onset unless they have been admitted to the hospital or are deceased.

## Where can I get help or more information?

ADH has activated a call center to answer questions from health care providers and the public about the coronavirus. During normal business hours (8:00am – 4:30pm), urgent and non-urgent calls, please call 1-800-803-7847. You can also e-mail [adh.coronavirus.com](mailto:adh.coronavirus.com). Updates are also posted daily on the ADH website at [www.healthy.arkansas.gov](http://www.healthy.arkansas.gov).