What should I do if have been in contact with someone diagnosed with COVID-19?

You have been in **close contact** with someone if you didn´t use protective measures correctly within 48 hours before the onset of his/her COVID-19 symptoms, or within 48 hours before his/her positive test to COVID-19 if he/she is an asymptomatic person, and:

You were providing personal care for that person, or in contact with his/her secretions or body fluids

Healthcare /Social services/Household settings

You **shared the same place,** at a distance of less than 2 meters, and for a total time of more than **15 minutes in 24 hours**

Community settings

If you have had **close contact**, you should follow these recommendations:

Stay at home, preferably in your room, for 10 days after your last contact with that person	**Avoid leaving your room as much as possible and prevent physical contact with people living in your household**	**Strictly follow the prevention mesures. If you have to leave you room, wear a surgical mask**
Monitor the onset of any symptom (fever, cough, shortness of breath) during the 10 quarantine days and the following 4 days	**Wash your hands frequently**	**If possible, do not share the bathroom with other people living with you**

You must organize yourself so as to avoid going out of your home, unless it is strictly necessary. In that case, wear **surgical mask**.

- If you experience any symptoms, call your health center or the hotline of your Autonomous Community and inform that you are a contact.
- If you experience shortness of breath, worsening of symptoms or feeling heaviness, call 112
- For more information see the "Recommendations for home isolation in mild cases of COVID-19".