



CLOSE CONTACT MEANS:

- Spending prolonged periods (5 – 10 minutes) in same room
- Direct physical contact - kissing, hugging
- Shared eating or drinking utensils
- Contact with respiratory secretions (*cough, sneeze on you*)

HOW DO I...

Self-Quarantine

- Stay home for 14 days.
- Avoid contact with other people.
- Don't share household items.

Self-Monitor

- Be alert for symptoms of COVID-19, especially a cough or shortness of breath.
- Take your temperature every morning and night and write it down.
- Call your doctor if you have trouble breathing or a fever (100.4°F/38°C).
- Don't seek medical treatment without calling first!

Practice Social Distancing

- Stay home as much as possible.
- Don't physically get close to people. Try to stay 6 feet away.
- Don't hug or shake hands.
- Avoid groups of people.
- Be aware of frequently touched surfaces, including doorknobs, elevator buttons, service counters, shared pens, touch screens, steering wheels, and cell phones.

WHAT IF I HAVE SYMPTOMS? Call your healthcare provider.

