What should I do if I’ve been in close contact with someone...

...who has tested positive for COVID-19

...who is being tested?

...who might have been exposed...

...and is experiencing symptoms?

Self-quarantine AND self-monitor

Self-monitor AND practice social distancing

Practice social distancing

...but is NOT experiencing any symptoms (yet)?

WHAT IF I HAVE SYMPTOMS? Call your healthcare provider.

CLOSE CONTACT MEANS:
For COVID-19, a close contact is defined as anyone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before the person began feeling sick until the time the patient was isolated.

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, including a fever/chills, cough, shortness of breath/difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea/vomiting, diarrhea.
- 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.