COVID-19 PANDEMIC

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

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

Practice social distancing

...who has been in close contact with someone ELSE who might have been exposed?

CLOSE CONTACT MEANS:
For COVID-19, a close contact is defined as anyone who has been within 6 feet or less for 15 cumulative minutes or more (in a 24-hour period) of an infected person starting from the 48 hours before the person began feeling sick until the time the person was isolated.

WHAT IF I HAVE SYMPTOMS? Call your healthcare provider.

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.