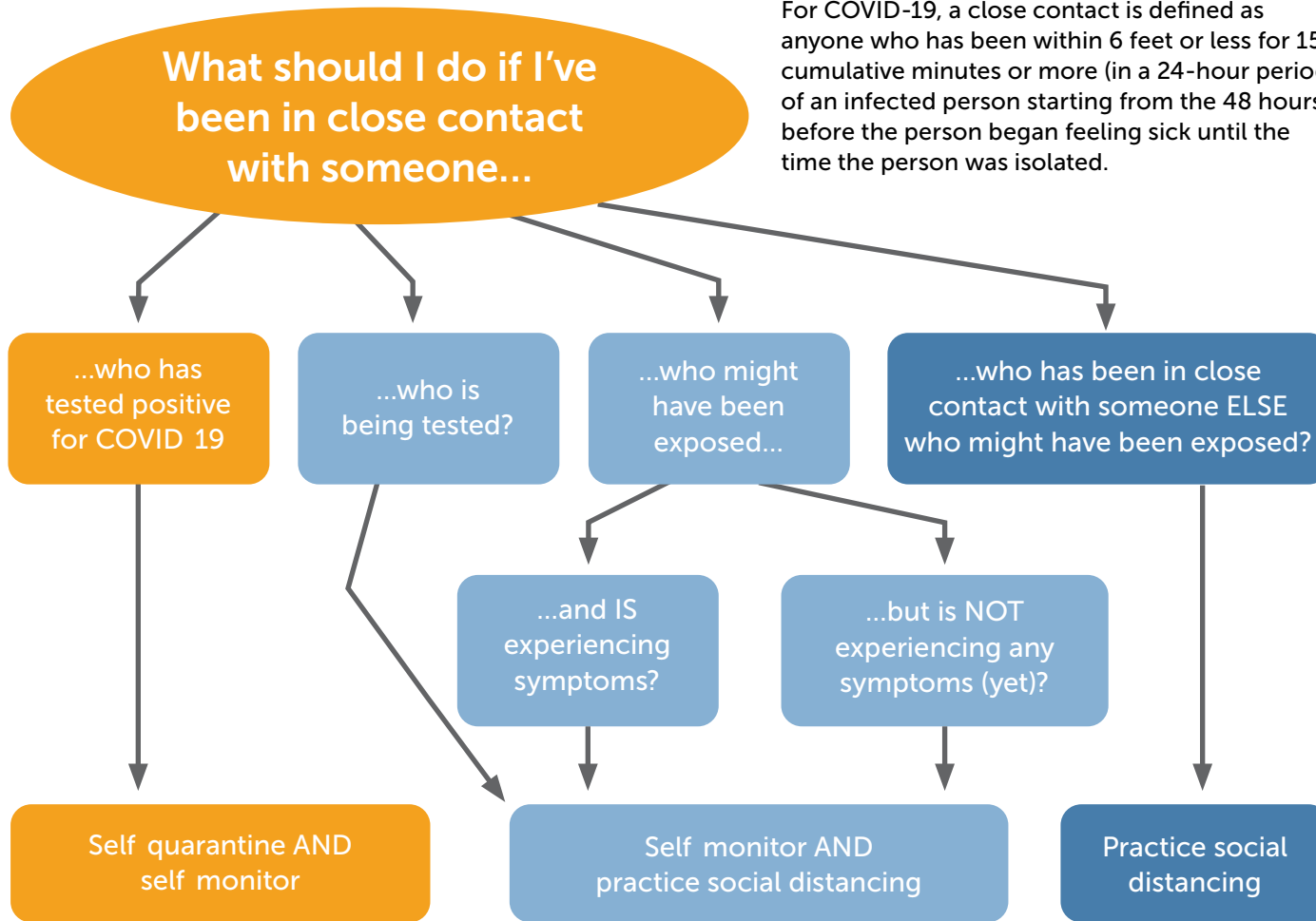




What should I do if I've been in close contact with someone...

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.



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.

WHAT IF I HAVE SYMPTOMS? Call your healthcare provider.

