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

- ... who has tested positive for COVID-19?
- ... in my household who is being tested?
- ... who might have been exposed ...
- ... who has been in close contact with someone ELSE who might have been exposed?
  - ... and IS experiencing symptoms?
  - ... but is NOT experiencing symptoms (yet)?

Self-quarantine AND self-monitor
Self-monitor AND practice physical distancing
Practice physical distancing

What if I have symptoms? Call your health care 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, mostly respiratory or gastrointestinal issues.
- 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 Physical 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.