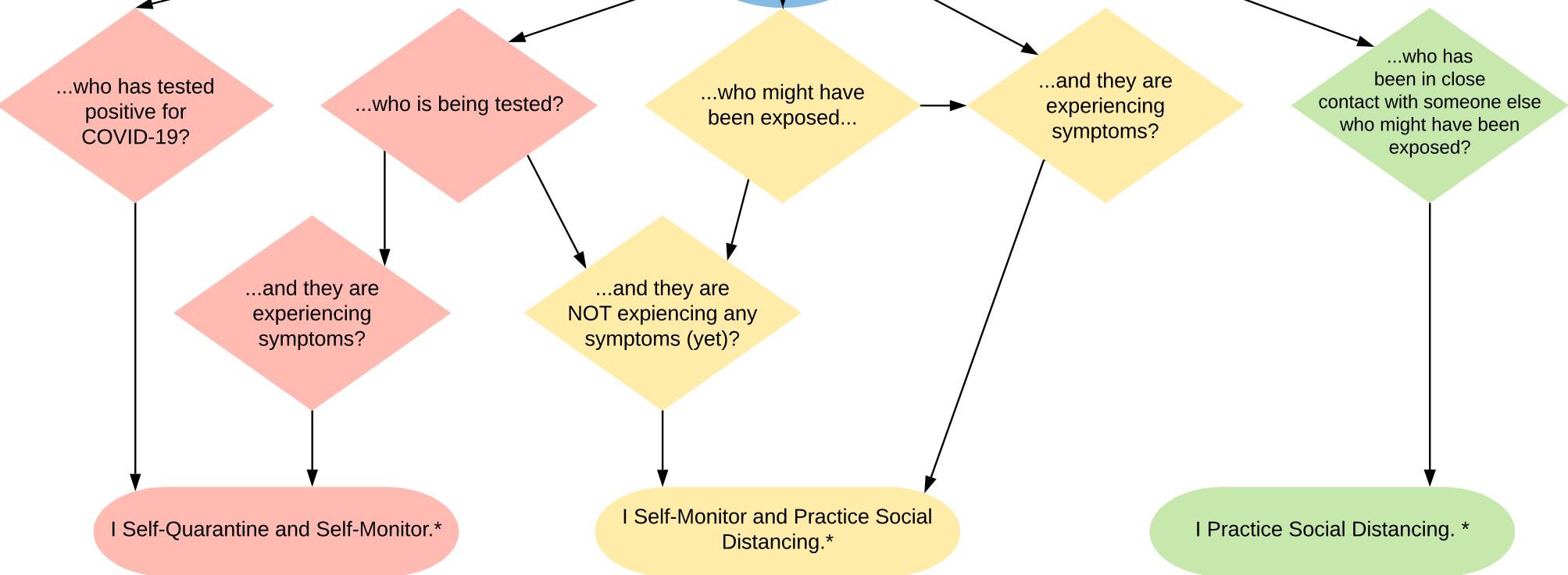


# What should I do if...

I've been in close contact with someone...

- What counts as close contact?**
- You were within 6ft of someone who has COVID-19 for a total of 15 minutes or more
  - You provide care for someone who is sick with COVID-19
  - You had direct contact with the person (Hugged or kissed them)
  - You shared eating or drinking utensils
  - They sneezed, coughed, or somehow got respiratory droplets on you



- 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 dry 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).
  - Call first before seeking medical treatment.

- 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.

\* or as directed by Health Care Provider

**What if I have symptoms? Call your health care provider.**