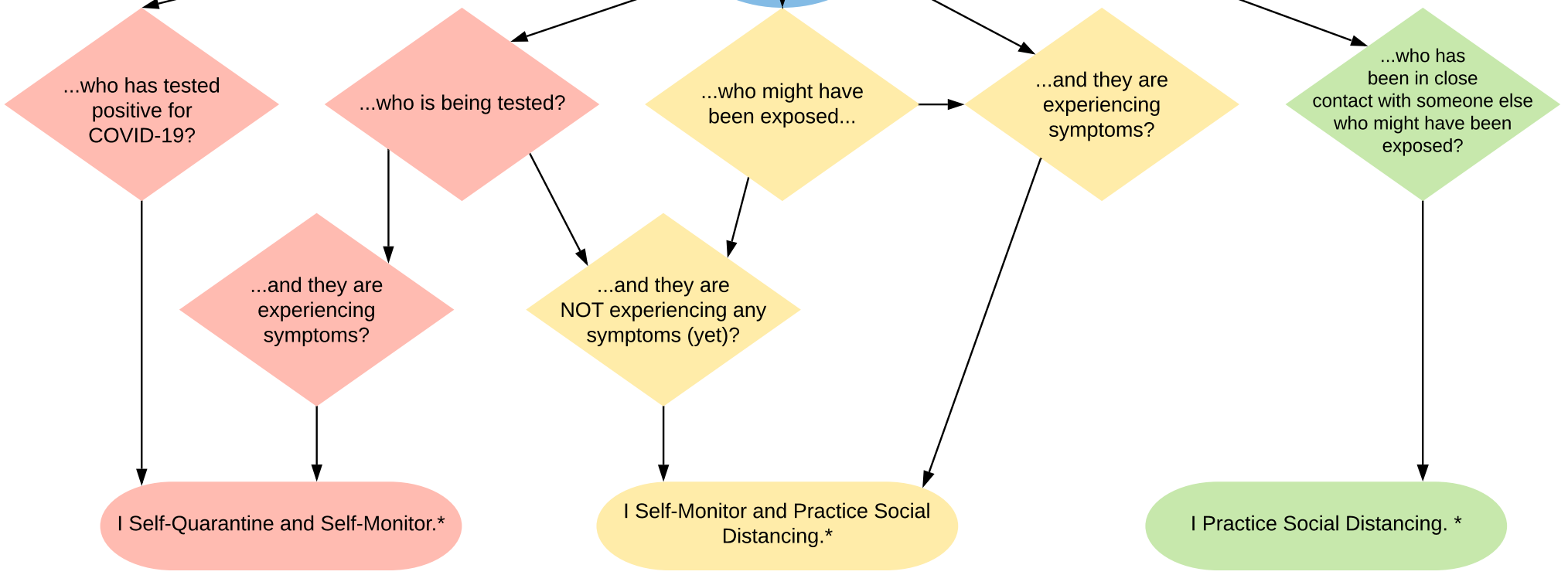


# What should I do if...

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.**