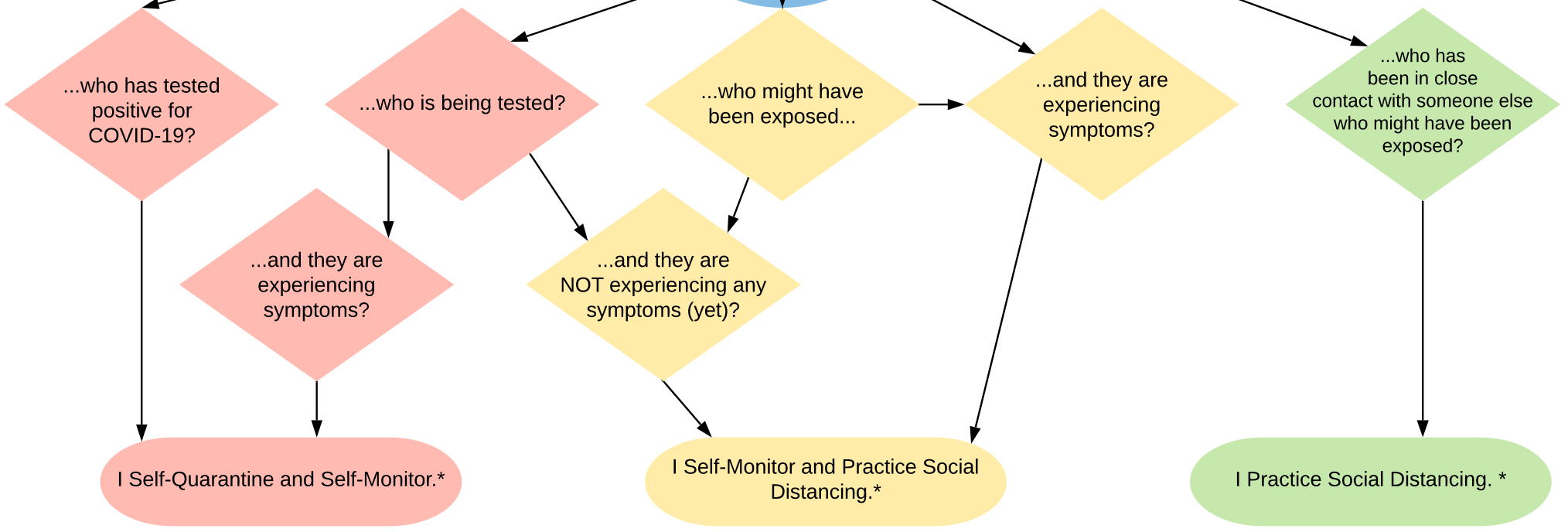


What should I do if...

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

What counts as close contact?

- You were within 6 ft 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 (Symptom Free)

- **A: Self-Quarantine for 14 days** (Safest), or
- **B: Self-Quarantine for 10 days**
 - Self-Monitor and Practice social distancing after day 10, or
- **C: Self-Quarantine for 7 days**
 - get tested on day 5 or later,
 - receive negative test result,
 - self-monitor and social distancing after day 7

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 & be aware, this may change your timeline. Refer to *Return to School Criteria*