

What should I do if...

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

What counts as "close contact?"

- You spent a **PROLONGED** period of time (10-15 min) within 6 feet while providing care or visiting a health center.
- You had **DIRECT PHYSICAL CONTACT** with the person (e.g., care-giving, shaking hands, kissing, hugging).
- You **SHARED** eating or drinking utensils with them.
- You came into contact with their **RESPIRATORY SECRETIONS** (e.g., they coughed on you).

who has tested positive for COVID-19?

who is believed to have COVID-19

who might have been exposed...

and IS experiencing symptoms?

but IS NOT experiencing any symptoms (yet)?

BEST PRACTICE and/or close contact with someone **ELSE** who might have been exposed?

Self-quarantine AND self-monitor, follow up with a healthcare professional

Self-monitor AND practice social distancing

ALWAYS PRACTICE good hand hygiene, social distancing, wear a face covering

How do I ...

self-quarantine?

- **STAY HOME** for 14 days.
- **AVOID CONTACT** with other people.
- **DON'T SHARE** household items.

Learn more at carehere.com/coronavirus

self-monitor?

- **BE ALERT** for symptoms of COVID-19, especially fever, 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 (temperature of 100.4°F or 38°C).
- **DON'T seek medical treatment** without calling first!

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COVID-Safe Best Practices

- **PROTECT YOURSELF**
Limit exposure (group environment) as much as possible.
- **PROTECT OTHERS**
WEAR FACE COVERINGS. Designed to safeguard others, not the wearer. I protect you, and you protect me!
- **SOCIAL DISTANCING**
Don't get physically close to people. Try to stay at least **SIX FEET** apart.
- **DON'T hug or shake hands.**
- **AVOID** frequently touched surfaces and wash hands before and after.

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And practice great hygiene!

WASH your hands thoroughly & frequently • **AVOID TOUCHING** your face • **CLEAN** frequently touched surfaces regularly

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What if I have symptoms?

If you experience symptoms, such as fever, dry cough or difficulty breathing, call your provider or Health Center Team for further instructions at 877.423.1330.