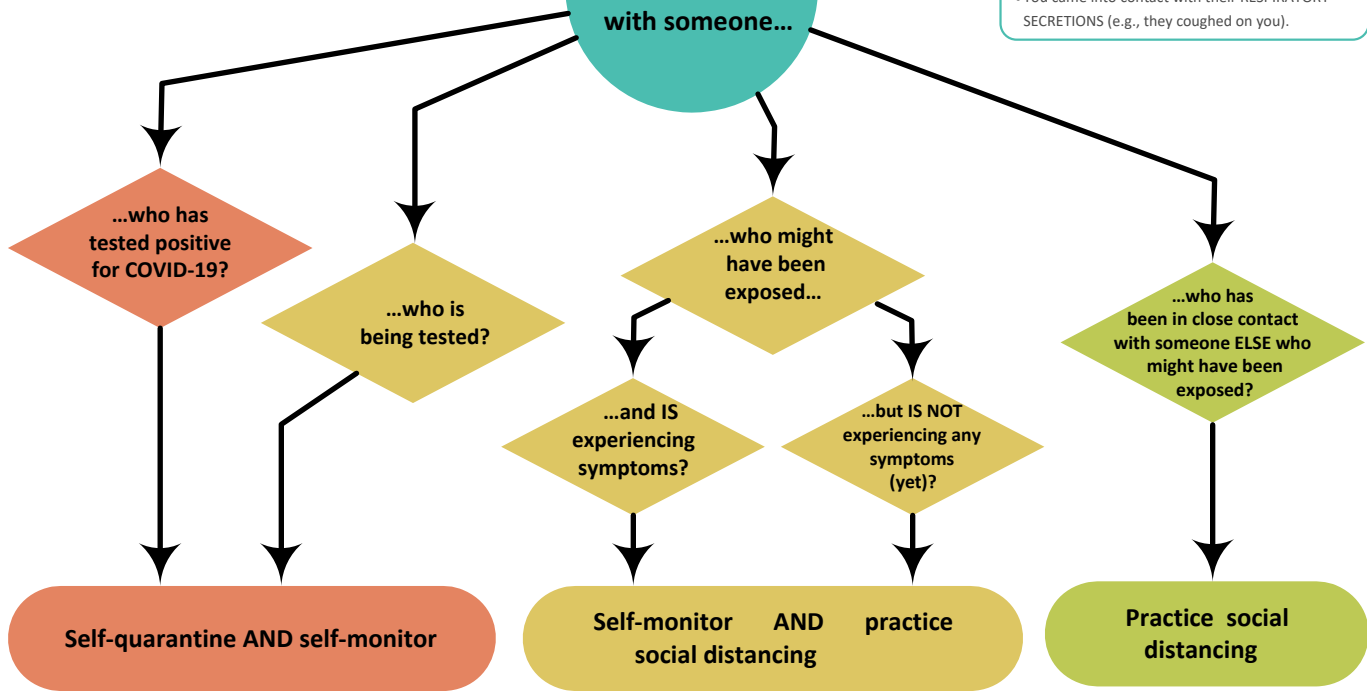


What should I do if...

What counts as "close contact?"

- You spent a **PROLONGED** period of time in the same room.
- You had **DIRECT PHYSICAL CONTACT** with the person (e.g., kissing, hugging).
- You **SHARED** eating or drinking utensils with them.
- You came into contact with their **RESPIRATORY SECRETIONS** (e.g., they coughed on you).

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



How do I...

High risk (close contact)

...self-quarantine?

Use **DPH Self-Monitoring form**
STAY HOME for 10 days.

AVOID CONTACT with other people.

DON'T SHARE household items.

Learn more at

<https://www.cdc.gov/quarantine/quarantineisolation.html>

Medium risk (possible contact)

...self-monitor?

Use **DPH Self-Monitoring form**
BE ALERT for symptoms of COVID-19, especially a dry cough or shortness of breath.

TAKE YOUR TEMPERATURE every morning and night

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!

Learn more at

<https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

Low risk

...practice social distancing?

STAY HOME as much as possible.

DON'T physically get close to people; try to stay at least 6 feet away.

DON'T hug or shake hands.

AVOID groups of people and frequently touched surfaces.

Learn more at

<https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>

And practice great hygiene!

WASH your hands frequently • **AVOID TOUCHING** your face • **WIPE DOWN** frequently touched surfaces regularly

What if have symptoms?

If you experience symptoms, such as fever, dry cough, or difficulty breathing, **call a health care provider.**