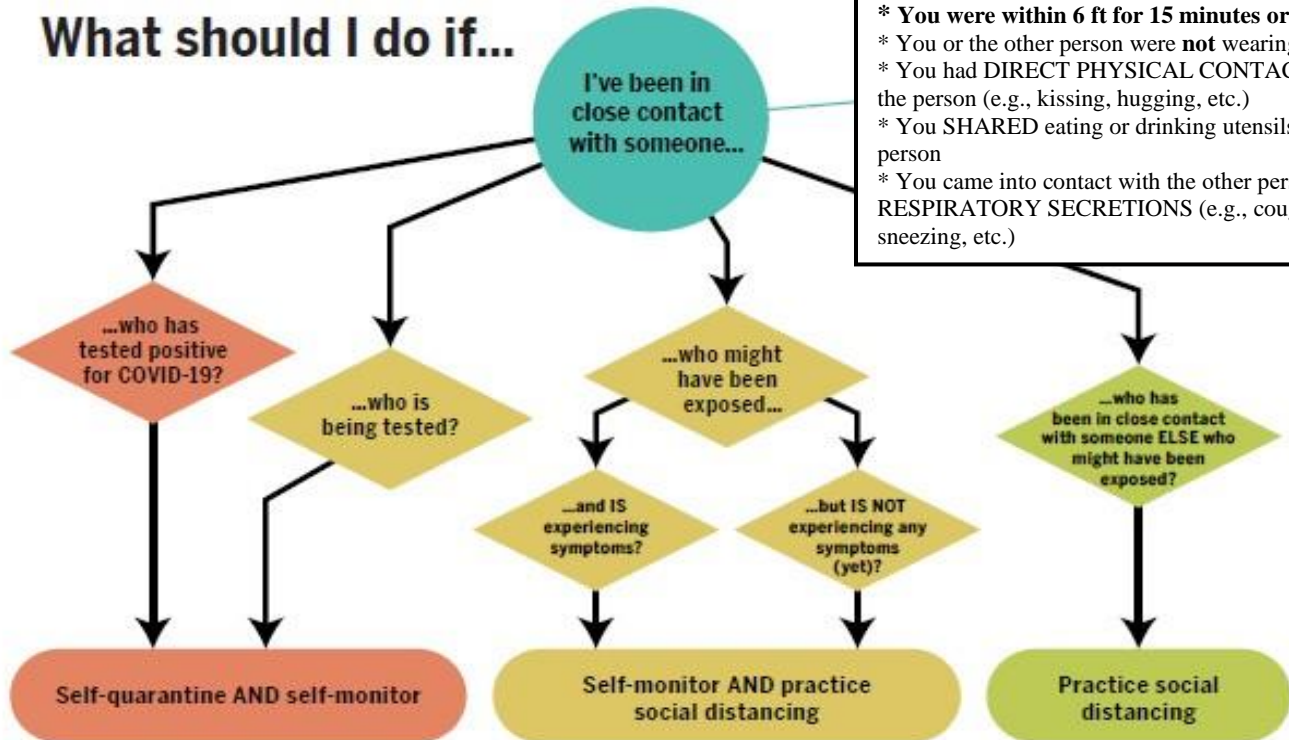




What should I do if...



What counts as “close contact?”

- * You were within 6 ft for 15 minutes or more***
- * You or the other person were **not** wearing a mask
- * You had **DIRECT PHYSICAL CONTACT** with the person (e.g., kissing, hugging, etc.)
- * You **SHARED** eating or drinking utensils with the person
- * You came into contact with the other person’s **RESPIRATORY SECRETIONS** (e.g., coughing, sneezing, etc.)

How do I...

...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 (temperature of 100.4°F or 38°C).
DON'T seek medical treatment without calling first!

...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.

And practice great hygiene!

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

***The CDC redefined “close contact” to the following definition: Someone who was within 6 feet of an infected person for a **cumulative total** of 15 minutes or more over a 24-hour period* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.
 *Individual exposures added together over a 24-hour period (e.g., three 5-minute exposures for a total of 15 minutes).