What should I do if I’ve been in close contact with someone…

- ...who has tested positive for COVID-19
  - Self-quarantine AND self-monitor

- ...who is being tested?
  - Self-monitor AND practice social distancing

- ...who might have been exposed...
  - ...and IS experiencing symptoms?
    - Self-quarantine AND self-monitor
  - ...but is NOT experiencing any symptoms (yet)?
    - Practice social distancing

Close Contact:
- Spend prolonged period in same room
- Direct physical contact, kissing, hugging
- Shared eating or drinking utensils
- Contact with respiratory secretions (cough, sneeze on you)

**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 (100.4 degrees F/38 degrees 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 6 feet away
Don’t hug or shake hands.
Avoid groups of people.
Be aware of frequently touched surfaces, including doorknobs, elevator buttons, service counters, shared pens, touch screens, steering wheels, and cell phones.

**WHAT IF I HAVE SYMPTOMS?** Call your health care provider.

**LEARN MORE AT** [WWW.SIOUXFALLS.ORG/COVID19](http://WWW.SIOUXFALLS.ORG/COVID19)

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