**COVID-19 Pandemic**

**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?**
  - **...who might have been exposed...**
    - **...and IS experiencing symptoms?**
      - Self-monitor AND practice social distancing
    - **...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.

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