

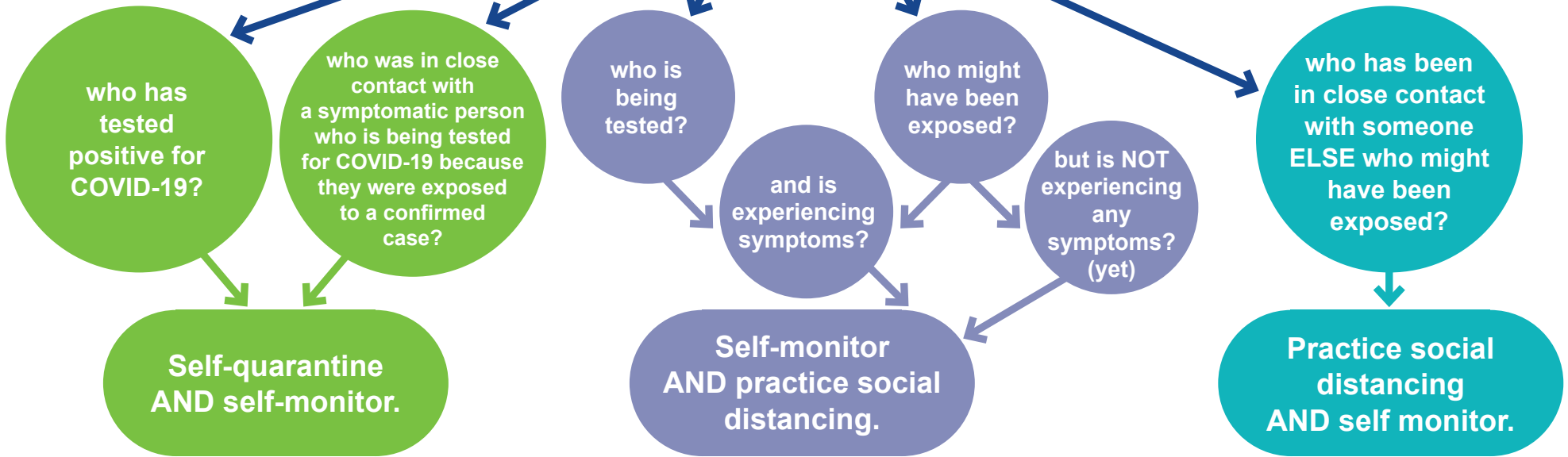


WHAT SHOULD I DO IF...

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

What counts as "close contact?"

- You were within **SIX FEET** FOR A **CUMULATIVE TOTAL OF 15 MINUTES** or more over a 24-hour period during the infectious period.
- You had **DIRECT PHYSICAL CONTACT** with the person (e.g., hugging).
- You **SHARED** eating or drinking utensils with them.
- You came into contact with their **RESPIRATORY SECRETIONS** (e.g., they coughed on you).
- You provided care at home to someone who is sick with COVID-19.



Updated March 2021

HOW DO I...

self-quarantine?

STAY HOME for 10 days.
AVOID CONTACT with others.
DON'T SHARE household items.

self-monitor?

BE ALERT for COVID-19 symptoms, especially a dry cough or shortness of breath.
RECORD YOUR TEMPERATURE every morning & night.
CALL doctor if you have trouble breathing or a 100.4 fever.
And DON'T seek medical treatment without calling first.

practice social distancing?

STAY HOME as much as possible.
DON'T physically get close to people or groups; try to stay at least 6 feet away.
DON'T hug or shake hands.
AVOID frequently touched surfaces.

And practice great hygiene! • WASH your hands frequently • AVOID TOUCHING your face • WIPE DOWN frequently touched surfaces regularly

Centers for Disease Control (CDC) Updated Quarantine Guidance

Vaccination and Quarantining:

People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease within the last three months and show no symptoms.

COVID Positive Previously and Quarantining:

People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.