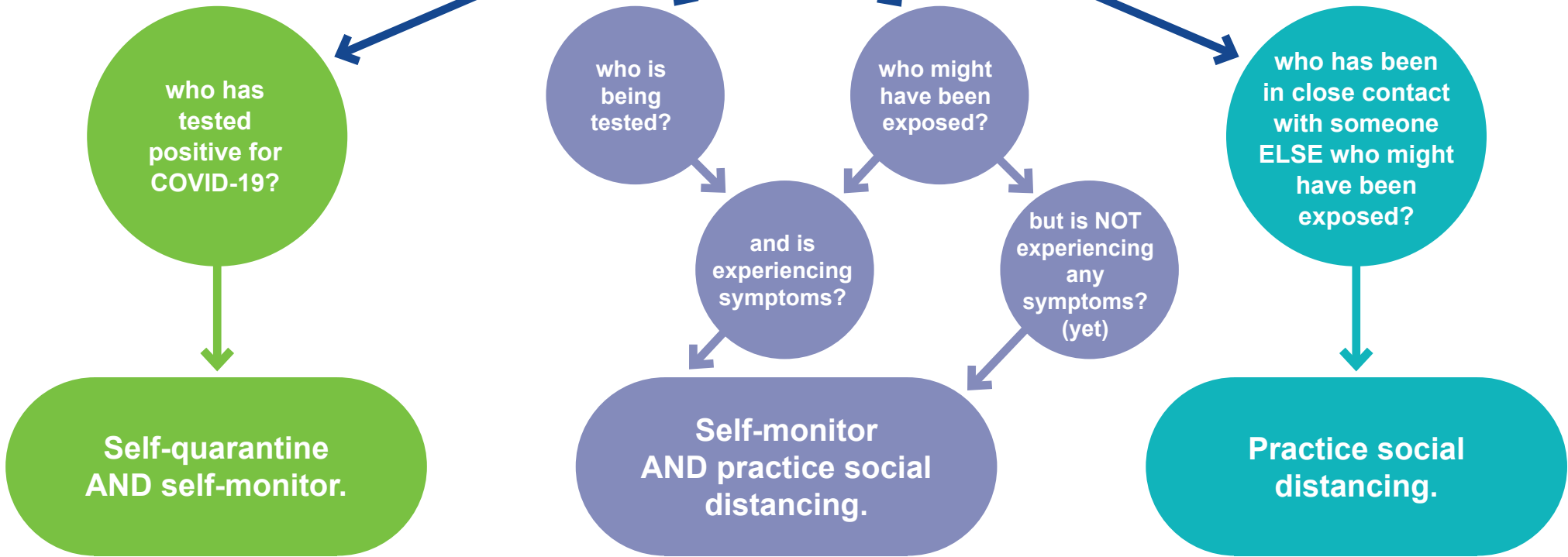


WHAT SHOULD I DO IF...

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

What counts as "close contact?"

- You were within **SIX FEET FOR 15 MINUTES** or more.
- 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).



HOW DO I...

self-quarantine?	self-monitor?	practice social distancing?
STAY HOME for 14 days. AVOID CONTACT with others. DON'T SHARE household items.	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.	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