

What to Do if Exposed to COVID-19



COVID-19 Spreads Person to Person

If you've been in close contact (<6 feet for ≥ 15 total minutes over a 24-hour period) with infected persons, you are considered exposed.



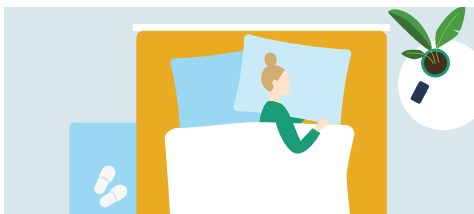
Stay Home

Stay home for 14 days after exposure.



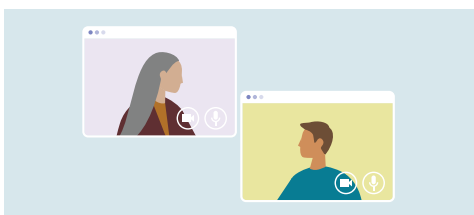
Monitor Your Symptoms

Symptoms include fever, cough, and shortness of breath. If you are experiencing symptoms, contact your health care provider. For the latest information on symptoms, [visit the CDC](https://www.cdc.gov/coronavirus/2019-nCoV/symptoms-and-signs.html).



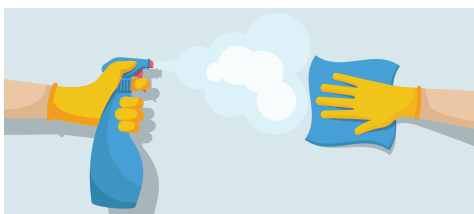
Take Care of Yourself

Get rest and stay hydrated.



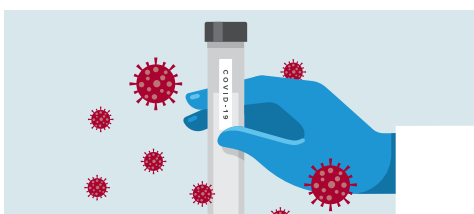
Avoid Physical Contact With Others

If you must be around others, keep 6 feet distance and wear a mask.



Keep Good Hygiene

Wash your hands often. Clean all surfaces. Cover your cough and sneezes. Avoid sharing personal items.



Get Tested

Contact your health care provider and county public health department for testing guidance.