# **COVID-19 EXPOSURE: WHAT SHOULD I DO?**



What should I do if I have been in close contact with someone...

# **Close Contact Examples**

- Within 6 feet of a person with confirmed COVID-19 for 15 minutes or more.
- Direct physical contact, such as hugging or kissing.
- Contact with respiratory secretions, such as cough or sneeze close to you.

Who tested positive for COVID-19?

Who is being tested for COVID-19?

Who might have been exposed to someone with COVID-19...

and, DOES have symptoms?

and, DOES NOT have symptoms?

Who has been in close contact with someone ELSE who might have been exposed.

Self-Quarantine AND Self-Monitor

Self-Monitor AND

Maintain Physical

Distance

Maintain Physical Distance

# HOW DO I...

#### **Self-Quarantine?**

- Stay at home for 14 days from last day of exposure.
- · Avoid contact with others.
- 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, along with other symptoms.
- Call your doctor if you have trouble breathing or a fever of 100.4°F/38°C or higher.

# Physical Distance?

- Stay home as much as possible.
- Stay at least 6 feet away from people.
- Do not hug or shake hands.
- Avoid groups of people.
- Wear a face covering in public and when 6 feet of distance is not possible.

## **Getting Tested**

- No cost tests at the fairgrounds in Chico.
- Make an appointment at <a href="https://lhi.care/covidtesting">https://lhi.care/covidtesting</a> or call: 888-634-1123
- Visit <u>buttecounty.net/ph</u> to see other testing options.