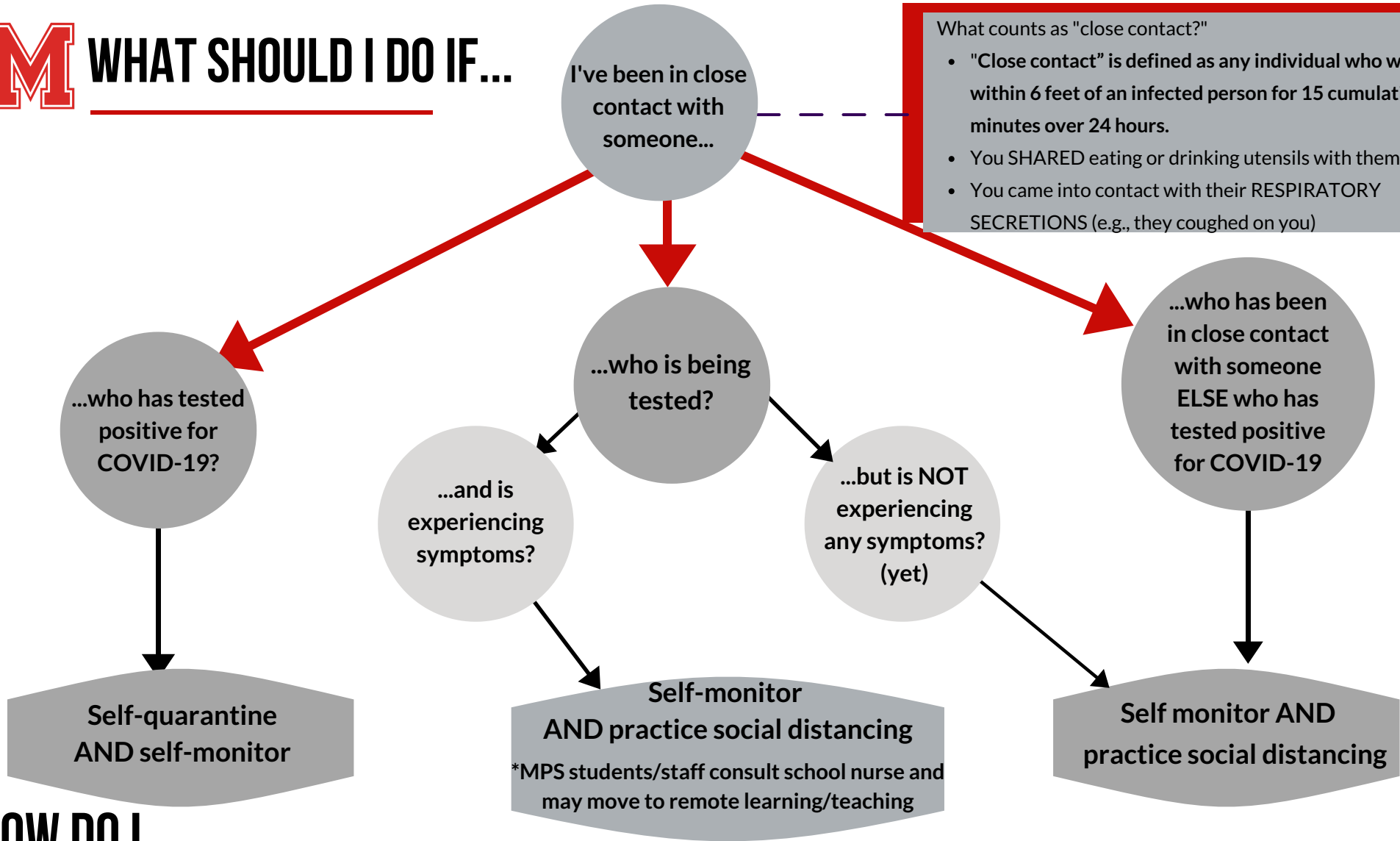


M WHAT SHOULD I DO IF...

What counts as "close contact?"

- "Close contact" is defined as any individual who was within 6 feet of an infected person for 15 cumulative minutes over 24 hours.
- 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?

STAY HOME for 8-14 days- see current CDC guidelines for specifics
AVOID CONTACT with others.
DON'T SHARE household items.

...self-monitor?

BE ALERT for COVID-19 symptoms
RECORD YOUR TEMPERATURE every morning.
CALL doctor if you have trouble breathing or a 100 fever.
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