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

...who has tested positive for COVID-19

...who is being tested?

...who might have been exposed...

...and IS experiencing symptoms?

Self-quarantine AND self-monitor

Self-monitor AND practice social distancing

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

...but is NOT experiencing any symptoms (yet)?

Practice social distancing

WHAT IF I HAVE SYMPTOMS? Call your healthcare provider.

CLOSE CONTACT MEANS:
- Spending prolonged periods in same room
- Direct physical contact - kissing, hugging
- Shared eating or drinking utensils
- Contact with respiratory secretions (cough, sneeze on you)

HOW DO I...

Self-Quarantine
- Stay home for 14 days.
- Avoid contact with other people.
- Don’t share household items.

Self-Monitor
- Be alert for symptoms of COVID-19, including a cough, shortness of breath/difficulty breathing, fever, chills, repeated shaking, muscle pain, headache, sore throat, or loss of taste or smell.
- Take your temperature every morning and night and write it down.
- Call your doctor if you have trouble breathing or a fever (100.4°F/38°C).
- Don’t seek medical treatment without calling first!

Practice Social Distancing
- Stay home as much as possible.
- Don’t physically get close to people. Try to stay 6 feet away.
- Don’t hug or shake hands.
- Avoid groups of people.
- Be aware of frequently touched surfaces, including doorknobs, elevator buttons, service counters, shared pens, touch screens, steering wheels, and cell phones.

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Developed from an infographic by the City of Sioux Falls.