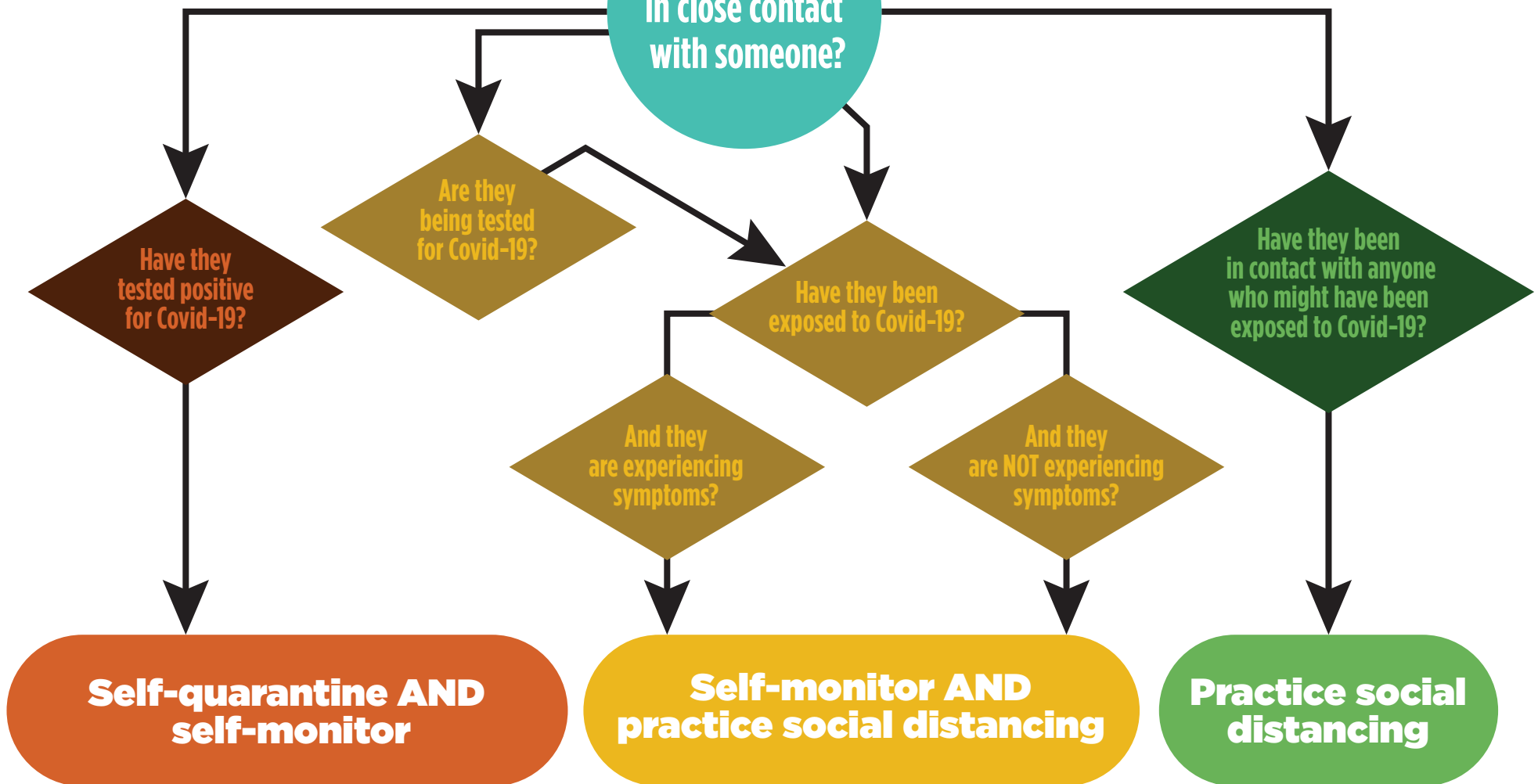


What should I do if ...

What counts as "close contact?"

- You spent a **PROLONGED** period of time in the same room.
- You had **DIRECT PHYSICAL CONTACT** with the person (e.g. hugging, kissing).
- You shared eating or drinking utensils with them.
- You came into contact with their **RESPIRATORY DROPLETS** (e.g. they coughed on you).

I've been in close contact with someone?



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 for symptoms of COVID-19, especially a dry cough or shortness of breath.

TAKE YOUR TEMPERATURE every morning and night, and write it down.

CALL your doctor.

... practice social distancing?

STAY HOME as much as possible.

DON'T physically get close to people; stay 6ft away.

DON'T hug or shake hands.

AVOID groups of people and frequently touched surfaces

And practice great hygiene!

WASH your hands frequently • **AVOID TOUCHING** your face • **WIPE DOWN** frequently touched surfaces often

What if I have symptoms?

If you experience symptoms such as fever, cough, or difficulty breathing, **call**