

# COVID EXPOSED

## HOW TO QUARANTINE

If you have been within **6 feet** of someone with COVID-19 for a total of **15 minutes** or more on any day that they may have been infectious, you must quarantine.

### NO VISITORS

### STAY HOME

Until at least 14 days after the last date you were with a COVID-19 positive person.

Yes, this can be a long time.

No, you cannot test out of quarantine.

### WASH YOUR HANDS OFTEN

With soap and water for 20 seconds each time you wash them.

### WEAR A MASK

Including **at home** if you live with other people.

Make sure it fits over your mouth and nose.



### WATCH YOURSELF FOR SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### CALL YOUR DOCTOR OR YOUR HEALTH DEPARTMENT IF YOU HAVE COVID-19 SYMPTOMS.

### STAY 6 FEET AWAY FROM OTHERS

Distancing at home protects your family.