

Procedures for Exposures to COVID-19

General Public

Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have history of travel in infected or heavily populated areas.

Guidance is continually updated. This guidance is current as of 04/09/2020

Exposure

Being within 6ft. of someone confirmed or suspected of having COVID-19 for an extended period of time (5 minutes or more).



Stay at home.

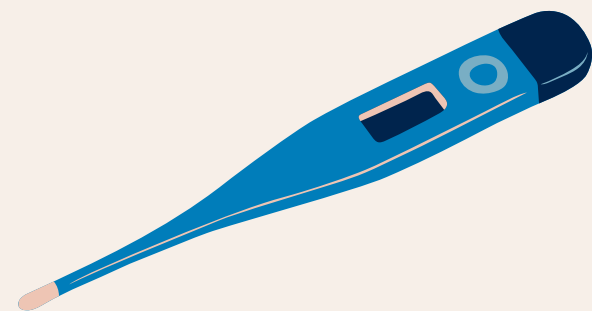
Self-quarantine for 14 days after last exposure.

Use delivery services for essentials when needed. Or have things dropped off "no contact" by a friend or family member as necessary.



Check your temperature.

Check your temperature at least two times a day. Also monitor for symptoms.



Stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.

If possible, have a designated toilet and bathroom as well.



Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.



If you become sick:

- Self-isolate for 7 days after initial onset of symptoms
- Do not break quarantine for a minimum of 72 hours after your last fever
- Continue to practice good hygiene
- Distance yourself from those in your household
- Monitor your symptoms
- Wear a cloth face covering if you must be around others

