

What to do if you have had close contact with a person with COVID-19

To protect yourself, your family, and your community, you must separate yourself from others and watch yourself for symptoms such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell. Follow these instructions for at least 14 days after the last day you were in close contact with the person who has COVID-19.

Separate yourself from others



- **Stay home.** If you need medical care, it is important that you follow the instructions below. Do not go to work, school, or any other place outside the home.



- **Stay away from people who are high-risk** for getting very sick from COVID-19, including people 65 and older, those living in long-term care facilities, and people with health conditions like asthma, diabetes, heart disease, liver disease, severe obesity, and those who have weakened immune systems.



- **If you become sick, separate yourself from other people** in your home. As much as possible, stay in a specific room and away from other people in your home. Use a separate bathroom, if available.



- **Do not use public transportation, ride-sharing** (such as Uber or Lyft), or taxis.

WHAT TO DO IF YOU HAVE CONTACT WITH SOMEONE WHO HAS COVID-19



- **If you become sick, wear a facemask** if you need to be around other people, and **cover your mouth and nose with a tissue** when you cough or sneeze. Wash hands thoroughly.



- **Avoid sharing personal household items.** Do not share food, dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, wash them thoroughly with soap and water.



- **Wash your hands** often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing at least 60% alcohol. Avoid touching your face with unwashed hands.

Monitor your symptoms



- **If you develop symptoms,** separate yourself from others and follow public health recommendations for staying at home when symptomatic.

IF YOUR SYMPTOMS GET WORSE, YOU HAVE DIFFICULTY BREATHING, OR YOU NEED MEDICAL CARE:

- Contact your health care provider. Call ahead.
- Do not use public transportation, ride-sharing (such as Uber or Lyft), or taxis if you need to go to a clinic or hospital.
- If you need emergency medical attention, call 911 and let them know that you have been exposed to a person with COVID-19.



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