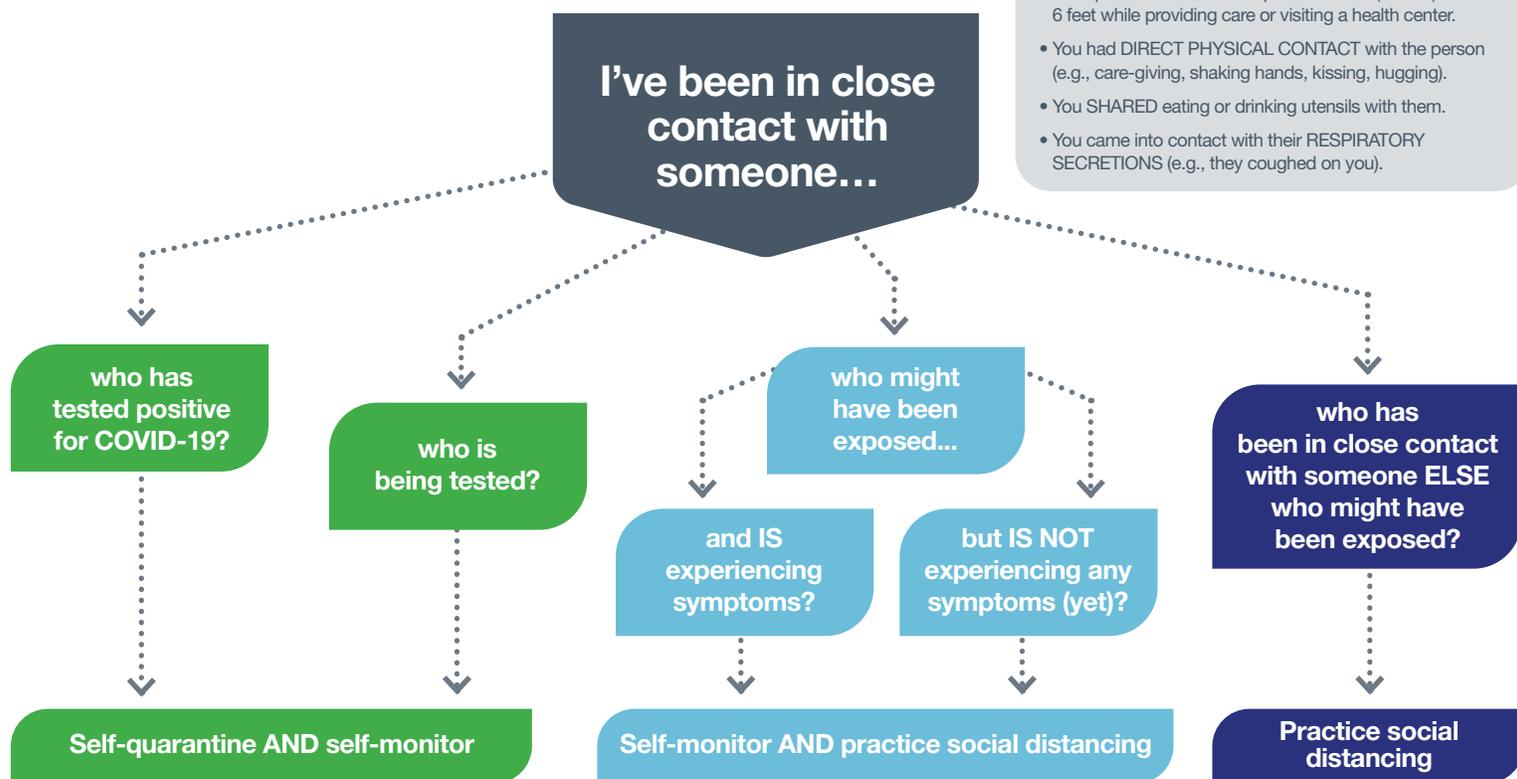


What should I do if...

I've been in close contact with someone...

What counts as "close contact?"

- You spent a **PROLONGED** period of time (15 min) within 6 feet while providing care or visiting a health center.
- You had **DIRECT PHYSICAL CONTACT** with the person (e.g., care-giving, shaking hands, kissing, hugging).
- You **SHARED** eating or drinking utensils with them.
- You came into contact with their **RESPIRATORY SECRETIONS** (e.g., they coughed on you).



How do I ...

self-quarantine?

- **STAY HOME** for 14 days.
- **AVOID CONTACT** with other people.
- **DON'T SHARE** household items.

Learn more at carehere.com/coronavirus

self-monitor?

- **BE ALERT** for symptoms of COVID-19, especially fever, a dry cough or shortness of breath.
- **TAKE YOUR TEMPERATURE** every morning and night and write it down.
- **CALL** your doctor if you have trouble breathing or a fever (temperature of 100.4°F or 38°C).
- **DON'T** seek medical treatment without calling first!

Learn more at carehere.com/coronavirus

practice social distancing?

- **STAY HOME** as much as possible.
- **DON'T** physically get close to people. Try to stay at least six feet away.
- **DON'T** hug or shake hands.
- **AVOID** groups of people and frequently touched surfaces.

Learn more at carehere.com/coronavirus

And practice great hygiene!

WASH your hands thoroughly & frequently • **AVOID TOUCHING** your face • **CLEAN** frequently touched surfaces regularly

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What if I have symptoms?

If you experience symptoms, such as fever, dry cough or difficulty breathing, call your provider or Health Center Team for further instructions: 877.423.1330