CONTACT TRACING: WHAT TO EXPECT IF YOU MAY HAVE BEEN EXPOSED TO SOMEONE WITH COVID-19

1

If you have been in close contact with someone who has COVID-19, a public health worker will call you to inform you that you may have been exposed to COVID-19.

Any information you share with public health workers is **CONFIDENTIAL.** This means that your personal and medical information will be kept private.

Health Department

2

You should stay at home and self-quarantine for 14 days, starting from the last day you were possibly exposed to COVID-19.

Self-quarantine means **staying home, monitoring your health, and maintaining social distancing** (at least 6 feet) from others at all times.

3

The **public health worker can provide information** about COVID-19 testing in your area.

If you need support or assistance with self-quarantine, your health department or community organizations may be able to provide assistance.

4

You should take your temperature twice a day, watch for fever and other symptoms of COVID-19, and notify your health department if you develop symptoms.

5

If you become ill during the 14 days of self-quarantine, you should notify the health department and seek medical care if your symptoms worsen or become severe. Emergency warning signs include **trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.**

We can all work together to help slow the spread of COVID-19.

Do your part to keep your family and your community safe: **Answer the call to slow the spread.**

CS317837-A