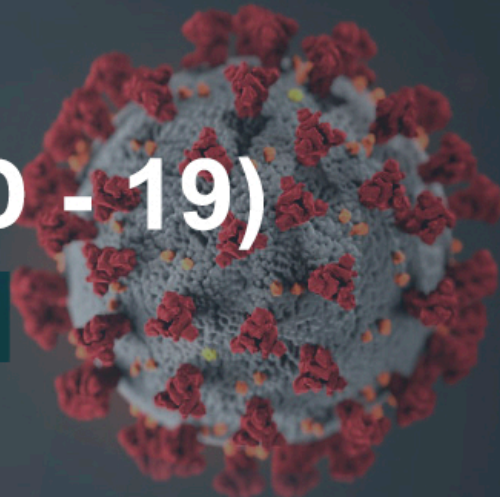


Coronavirus (COVID-19)



IF YOU THINK YOU'VE BEEN
EXPOSED TO COVID-19

Step 1: Consider the most common ways to be exposed

- Living in the same household as a sick person with COVID-19,
- Caring for a sick person with COVID-19
- Being within 6 feet of a sick person with COVID-19 for more than 10 minutes
- Being in direct contact with secretions from a sick person with COVID-19
- Travel to an area where COVID-19 is spreading within the last 14 days



Step 2: Watch for symptoms

- Look for fever, cough and difficulty breathing
- You don't need a test if you do not have symptoms
- Stay home to stop the spread



Step 3: If you become sick

- Contact your health provider for advice
- Visit your healthcare provider's website
- Call first before going to your doctor's office
- Do not go to the emergency room unless you think you are sick enough to be in the hospital
- If you do not have a provider or insurance, contact the Family Health Center for assistance.

