

If you were exposed to COVID-19:

If your Local Health Department (LHD) calls you, tell them:

- Basic information about you
- Where you have been (work, school, church, etc.)
- Your medical history
- If you have COVID-19 symptoms and when they began
- If you need help

You may not receive a phone call from your Local Health Department so following this guidance is extremely important.



If you develop any of these symptoms, get tested:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Congestion or runny nose
- New loss of taste or smell
- Headache
- Sore throat
- Nausea or vomiting
- Diarrhea



Take steps to protect yourself and others:

- **Stay home for 14 days even if you test negative**
- Stay away from people you live with – use a separate room and bathroom, if possible
- Do not go to work, school, or other place outside your home
- Do not allow others into your home
- Ask friends or family to bring groceries, medicines, or supplies
- For support or help call your healthcare provider or Local Health Department

