

I think I may have COVID-19

I may have been exposed to COVID-19

Your exposure is likely low risk. Continue general precautions and continue social distancing measures

Was the exposure to someone with confirmed COVID-19 by testing?

Yes

***1**
Is your exposure considered **CLOSE CONTACT**?

Yes

***2**
Are you having symptoms of COVID-19?

Yes, SEVERE

Yes

No

Maintain social distancing at home and monitor your health for fever, cough, or shortness of breath for **14 days** after the last day you were in close contact

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IF YOU BELIEVE YOU ARE HAVING A MEDICAL EMERGENCY, CALL 911 AND/OR SEEK CARE IN AN EMERGENCY DEPARTMENT IMMEDIATELY

Stay at home and away from other people, including family members. Do not go to work, school or public places.

***3**
Do you fit into a higher risk group?

No

Yes

If you do not develop symptoms of COVID-19 after 14 days (if exposure concern), you may resume general precautions and social distancing measures

If your symptoms are mild without significant shortness of breath or other complications, which is most common, you do not necessarily need to be tested or seek medical care. You should assume that you have COVID-19 and follow your local public health guidance. **CLICK HERE** to link to local public health websites.

If your symptoms are more severe and/or you feel you need medical guidance and/or care, **CALL OR EMAIL YOUR PROVIDER FIRST** before going to seek care and/or testing. If you don't have a provider to email or call, consider telemedicine vendors, or calling your local urgent care, hospital system or public health.

Call your doctor's office and tell them you are sick with COVID-19 symptoms. Your provider may want to monitor your health more closely and have you tested for COVID-19 and other illnesses, like influenza

Once your illness resolves (no fever without use of fever reducing medication and cough is improving) and at least 3 additional days have passed (and it has been at least 7 days since symptom onset), you should contact your employer or school to receive guidance before returning. **Note that these recommendations are likely to change as we learn more about this virus.** Continue general precautions and social distancing

***1 CLOSE CONTACT Definition:**
Within approximately 6 feet from someone with confirmed COVID-19 for prolonged period of time (generally considered 10 minutes or more) **OR** having direct contact with infectious secretions of someone with confirmed COVID-19 by being coughed on, sharing utensils, kissing etc.

***2 COMMON SYMPTOMS of COVID-19:**

- Cough
- Fever (subjective or measured ≥ 100.4)
- Sore throat
- Feeling short of breath

***3 HIGHER RISK GROUPS include:**

- Older people (over age 60), especially those over 70 years of age.
- People who have chronic medical conditions like heart, lung, or kidney disease, or diabetes.
- Older people with chronic medical conditions are at greatest risk.