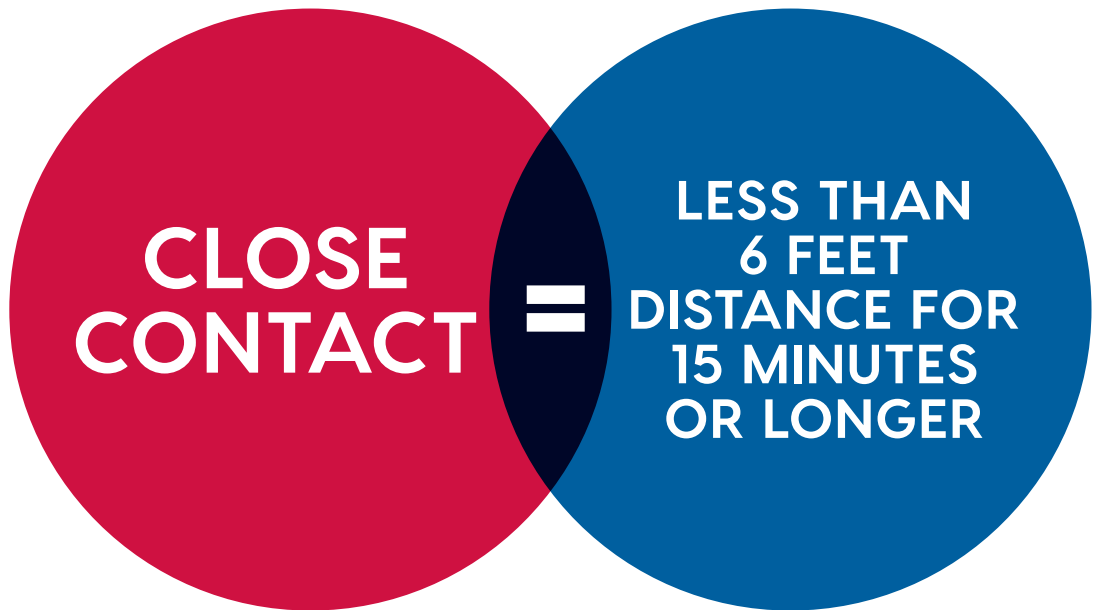


Have You Been Exposed To COVID-19?

Understanding the definition of COVID-19 exposure helps reduce anxiety and fear when deciding how to care for your health and those around you.

The CDC defines COVID-19 exposure as having had close contact to a person who has tested positive for COVID-19.



EXAMPLES OF LOW, MEDIUM, AND HIGH-RISK EXPOSURES

NO RISK	LOW RISK	MEDIUM RISK	HIGH RISK
Virtual-only activities, events, and gatherings	Outdoor and smaller in-person gatherings Individuals spaced at least 6 feet apart Wear face coverings Do not share objects Come from same local area	Medium-sized in-person gatherings Individuals spaced at least 6 feet apart Come from outside the local area	Large in-person gatherings Not spaced at least 6 feet apart Come from outside the local area

COVID-19 testing is available to anyone wishing to learn if they are currently infected.



If a COVID-19 test is positive, a person must isolate. You need to meet ALL three criteria listed to leave self-isolation:

1. AT LEAST TEN DAYS SINCE SYMPTOMS STARTED
2. THREE DAYS WITH NO FEVER (with no medications to reduce fever)
3. COUGH AND SHORTNESS-OF-BREATH ARE IMPROVING



If a COVID-19 test is negative, but there has been exposure, a person must quarantine for 14 days which begins after the last day of your suspected exposure.

we treat you well.

Important Reminders To Keep Yourself Well



Wear a mask* in public to prevent the spread of the virus to other people.



Practice social distancing and stay at least 6 feet apart from other people in public.



Wash your hands often and thoroughly for 20 seconds.



Avoid touching your eyes, nose, or mouth so germs don't enter your body.

*An N95 mask helps protect the wearer from getting the virus from others. While surgical and N95 masks are in short supply, cloth masks are more accessible and reusable. All masks are intended to slow the spread of COVID-19. A cloth mask is worn to help protect others in case the wearer has the virus.

