



## WHAT TO DO IF YOU'VE BEEN EXPOSED TO COVID-19

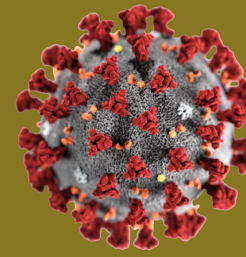
You've been exposed to COVID-19 if you have been within 6 feet for more than 15 minutes with someone who was contagious (*you are considered contagious 2 days before and 10 days after symptoms*) and tested positive for COVID-19.

Symptoms include, but are not limited to: fever, chills, cough, shortness of breath, difficulty breathing, body aches, loss of taste and/or smell, sore throat, diarrhea, nausea, vomiting, runny nose/congestion.

For up-to-date information related to COVID-19, visit our Coronavirus Resource Center at [www.medchi.org](http://www.medchi.org).

### IF YOU HAVE SYMPTOMS

GET TESTED. WHILE WAITING FOR YOUR TEST RESULTS, STAY HOME AND SELF-QUARANTINE AWAY FROM OTHERS.



### IF YOU DO NOT HAVE SYMPTOMS

CONSIDER GETTING TESTED. QUARANTINE FOR 6 - 8 DAYS BEFORE TESTING TO AVOID A POSSIBLE FALSE NEGATIVE RESULT.

### IF YOU TESTED POSITIVE

ISOLATE AND STAY HOME FOR AT LEAST 10 DAYS SINCE SYMPTOMS STARTED OR FROM DATE OF THE TEST. SELF-MONITOR FOR SYMPTOMS & AVOID CONTACT WITH OTHERS. *\*ANYONE WHO LIVES WITH YOU SHOULD ALSO QUARANTINE FOR 14 DAYS.*

### IF YOU TESTED NEGATIVE

ISOLATE AND STAY HOME FOR AT LEAST 14 DAYS SINCE YOU WERE EXPOSED TO COVID-19. IF IT IS NECESSARY FOR YOU TO LEAVE YOUR HOUSE, WEAR A MASK MAINTAIN SOCIAL DISTANCING OF 6 FEET.

### IF YOU DID NOT GET TESTED

QUARANTINE AND STAY HOME FOR 14 DAYS SINCE YOU WERE EXPOSED TO COVID-19. IF IT IS NECESSARY FOR YOU TO LEAVE YOUR HOUSE, WEAR A MASK AND MAINTAIN SOCIAL DISTANCING OF 6 FEET. SELF-MONITOR FOR SYMPTOMS.

### IF YOU GET SYMPTOMS

WHILE WAITING FOR TEST RESULTS, STAY HOME AND SELF-QUARANTINE AWAY FROM OTHERS.

### IF YOU DO NOT GET SYMPTOMS

SELF-QUARANTINE UNTIL AT LEAST 14 DAYS AFTER LAST EXPOSURE TO COVID-19.

### SEEK MEDICAL ATTENTION IF YOU EXHIBIT ANY OF THESE SIGNS:

- TROUBLE BREATHING
- BLUISH LIPS OR FACE
- NEW CONFUSION
- INABILITY TO WAKE OR STAY AWAKE
- CONSTANT PAIN OR PRESSURE IN CHEST