

COVID-19 EXPOSURE FREQUENTLY ASKED QUESTIONS

What should I do if I've been in close contact with someone...

CLOSE CONTACT:

- Within 6 ft of a person with confirmed COVID-19 for 15 minutes or more.
- Direct physical contact (E.g. kissing, hugging)
- Shared eating or drinking utensils.
- Contact with respiratory secretions (E.g. cough/sneezing close to you).

...who has tested positive for COVID-19?

...who is being tested?

...who might have been exposed...

...who has been in close contact with someone ELSE who might have been exposed?

...and IS experiencing symptoms?

...and is NOT experiencing symptoms?

Self-Quarantine AND Self-Monitor

Self-Monitor AND practice physical distancing

Practice Physical Distancing

How do I...

Self-Quarantine?

- Stay at home for 14 days from last day of exposure.
- Avoid contact with others.
- Don't share household items.

Self-Monitor?

- Be alert for symptoms of COVID-19, especially a dry cough or shortness of breath.
- Take your temperature every morning and night and write it down, along with other symptoms.
- Call your doctor if you have trouble breathing or a fever (100.4°F / 38°C).
- Don't seek medical treatment without calling first.

Practice Physical Distancing?

- Stay home as much as possible.
- Don't physically get close to people.
- Try to stay 6 ft away.
- Don't hug or shake hands.
- Avoid groups of people.

Get Tested for COVID-19?

- Free tests in Salinas and Greenfield.
- You can get tested whether you have symptoms or not.
- Make an appointment at <https://lhi.care/covidtesting> or call 1-888-634-1123.

WHAT IF I HAVE SYMPTOMS?

Call your healthcare provider OR Natividad Coronavirus Hotline: (831) 772-7365



COUNTY OF MONTEREY
HEALTH DEPARTMENT

montereycountycovid19.org