

IF I am healthy and have no symptoms AND have not been exposed to anyone who was experiencing symptoms

PRACTICE SOCIAL DISTANCING

AVOID CROWDS, INCREASE SPACE BETWEEN YOU AND OTHERS

FOLLOW CDC GUIDANCE ON HOW TO PROTECT YOURSELF

WASH HANDS, DON'T TOUCH YOUR FACE, STAY AWAY FROM PEOPLE WHO ARE SICK

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html>

If I have been exposed to someone who was experiencing symptoms OR live in a household with someone who is currently ill or traveled to a Level 2/3 country (consult CDC travel advisories)

PRACTICE SELF QUARANTINE AND SELF MONITORING

STAY HOME FOR 14 DAYS FROM DATE OF LAST EXPOSURE

DO NOT SHARE TOWELS, EATING UTENSILS, WITH ILL HOUSEHOLD MEMBERS

FOLLOW CDC CLEANING GUIDELINES

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

IF I am experiencing symptoms of fever, cough or shortness of breath

SELF ISOLATE

STAY HOME DO NOT GO TO WORK, SCHOOL, PUBLIC PLACES, AVOID COMMON AREAS WITH HOUSEHOLD MEMBERS

MONITOR YOUR SYMPTOMS

FEVER, COUGH, SHORTNESS OF BREATH

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

CALL YOUR DOCTOR

