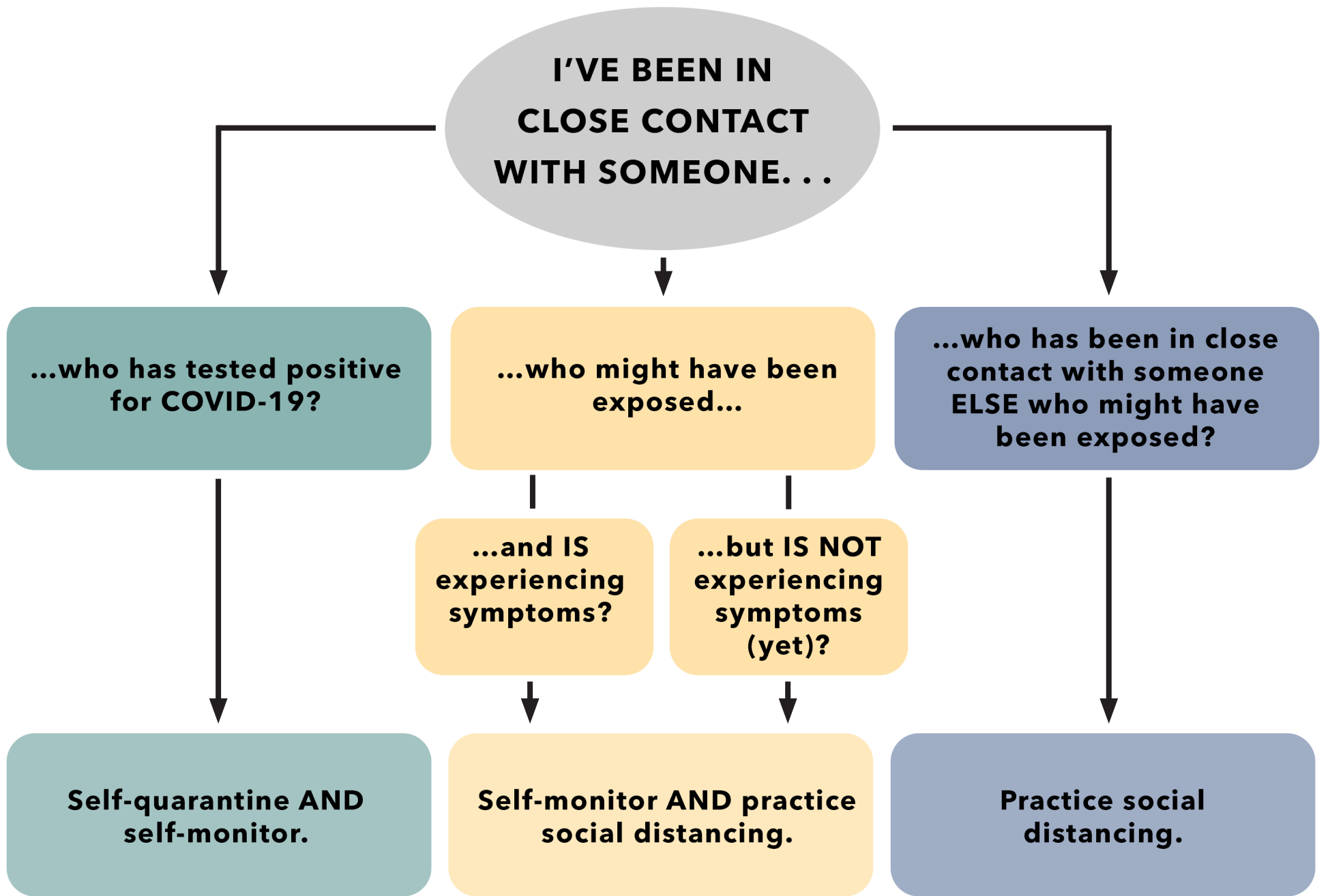


# COVID-19 CONTACT GUIDELINES

## WHAT DO I DO WHEN...



## WHAT COUNTS AS "CLOSE CONTACT?"

- You spent at least 15 or more minutes in a small room with poor ventilation.
- You had DIRECT PHYSICAL CONTACT with the person (e.g., handshake, hugging).
  - You SHARED eating or drinking utensils with them.
- You came into contact with their RESPIRATORY SECRETIONS (e.g., they coughed on you).

## HOW DO I...

### ...SELF-QUARANTINE?

- Employees: Notify your supervisor
- Notify your physician.
- STAY HOME for 14 days.
- AVOID CONTACT with other people.
- 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.
- CALL your doctor if you have trouble breathing or a fever (temperature of 100.4°F or 38°C).
- Call your doctor before seeking medical attention.

### ...PRACTICE SOCIAL DISTANCING?

- STAY HOME as much as possible.
- DON'T physically get close to people; try to stay at least 6 feet away.
- DON'T hug or shake hands.
- AVOID groups of people and frequently touched surfaces.
- Wear a mask.

## AND PRACTICE GREAT HYGIENE!

WASH your hands frequently | AVOID TOUCHING your face  
WIPE DOWN frequently touched surfaces regularly

ADAPTED FROM MIT MEDICAL and JENKS PUBLIC SCHOOLS