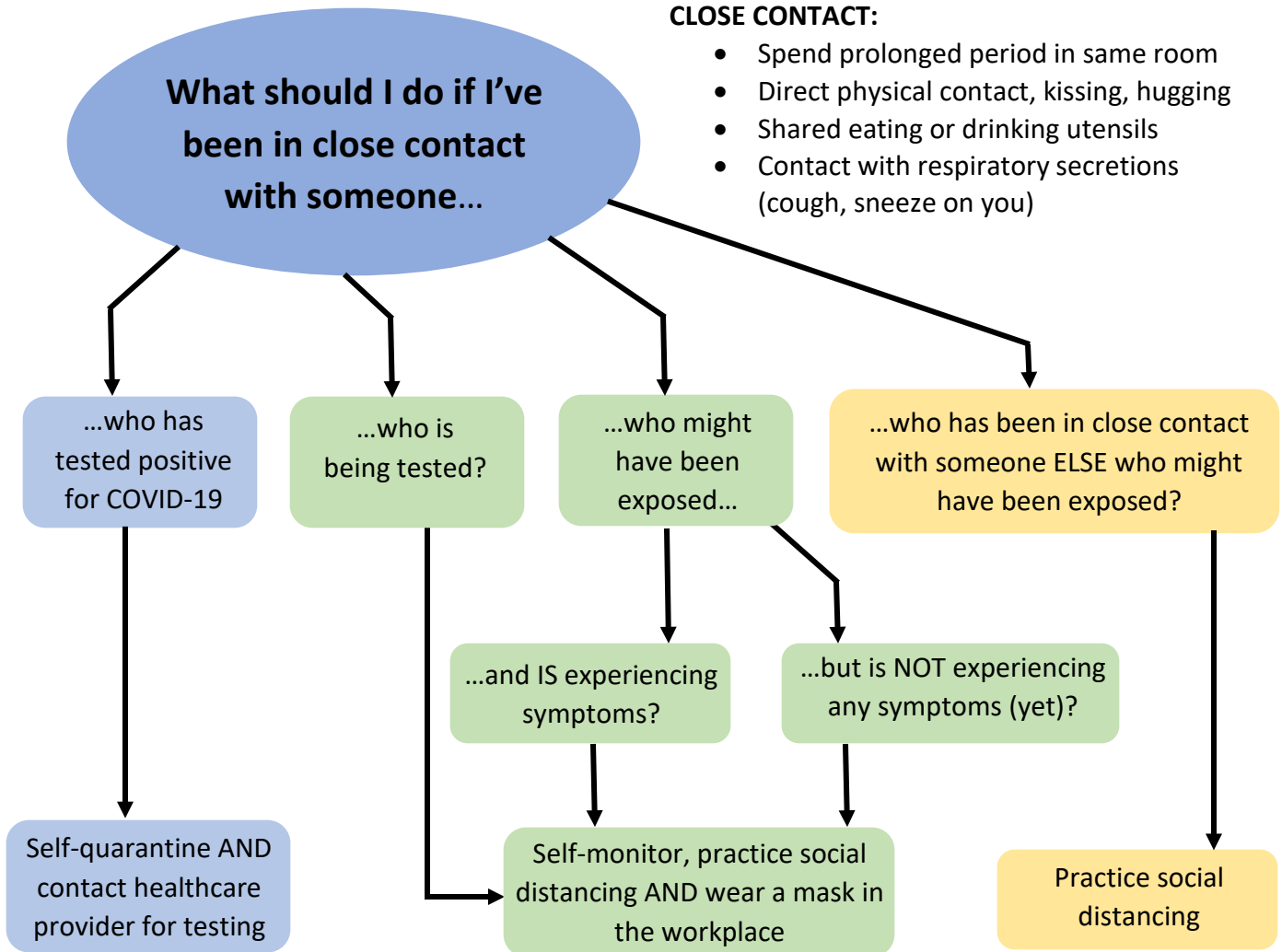


CLOSE CONTACT:

- Spend prolonged period in same room
- Direct physical contact, kissing, hugging
- Shared eating or drinking utensils
- Contact with respiratory secretions (cough, sneeze on you)



➔ HOW DO I ...

SELF QUARANTINE

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 a trouble breathing or a fever (100.4 degrees F/38 degrees C)

Call your medical provider before seeking treatment.

Practice **SOCIAL DISTANCING**

Stay home as much as possible.

Don't physically get close to people. Try to stay 6 feet away.

Don't hug or shake hands.

Avoid groups of people.

Be aware of frequently touched surfaces, including doorknobs, counters, shared pens, touch screens, cell phones and steering wheels.