

## Novel Coronavirus 2019 (COVID-19) Outbreak: Guidance for **Social Distancing for Close Contacts**\*\*

If you were in close contact (within 6 feet for longer than 10 minutes), but do not live in the same home, with someone with **respiratory symptoms** (cough or shortness of breath) **OR** someone with **COVID-19**, you should **practice social distancing**:

- **Stay at home as much as possible**, except to go to work (telework, if possible), get essential medical care, prescriptions, and food.
- **Monitor your temperature & symptoms** for 14 days after you last had contact with the ill person.
  - **Temperature monitoring:** Please take and record your temperature daily.
  - **Symptom monitoring:** The following symptoms could be associated with COVID-19: **fever, cough, sore throat, difficulty breathing or shortness of breath**, muscle aches, headache, abdominal discomfort, vomiting, or diarrhea.
- **Call ahead** before visiting your doctor and reschedule all non-essential medical appointments.
- **Cover** your coughs and sneezes.
- **Wash your hands** and avoid touching your eyes, nose, and mouth.

### **If you develop fever or any of the symptoms listed:**

- Stay home away from others until **72 hours** after your fever and symptoms of acute infection are gone.

**Should you elect to seek healthcare please call ahead before going to your medical appointment**, be sure to tell your healthcare provider about your close contact with someone who has respiratory symptoms or is confirmed to have COVID-19.