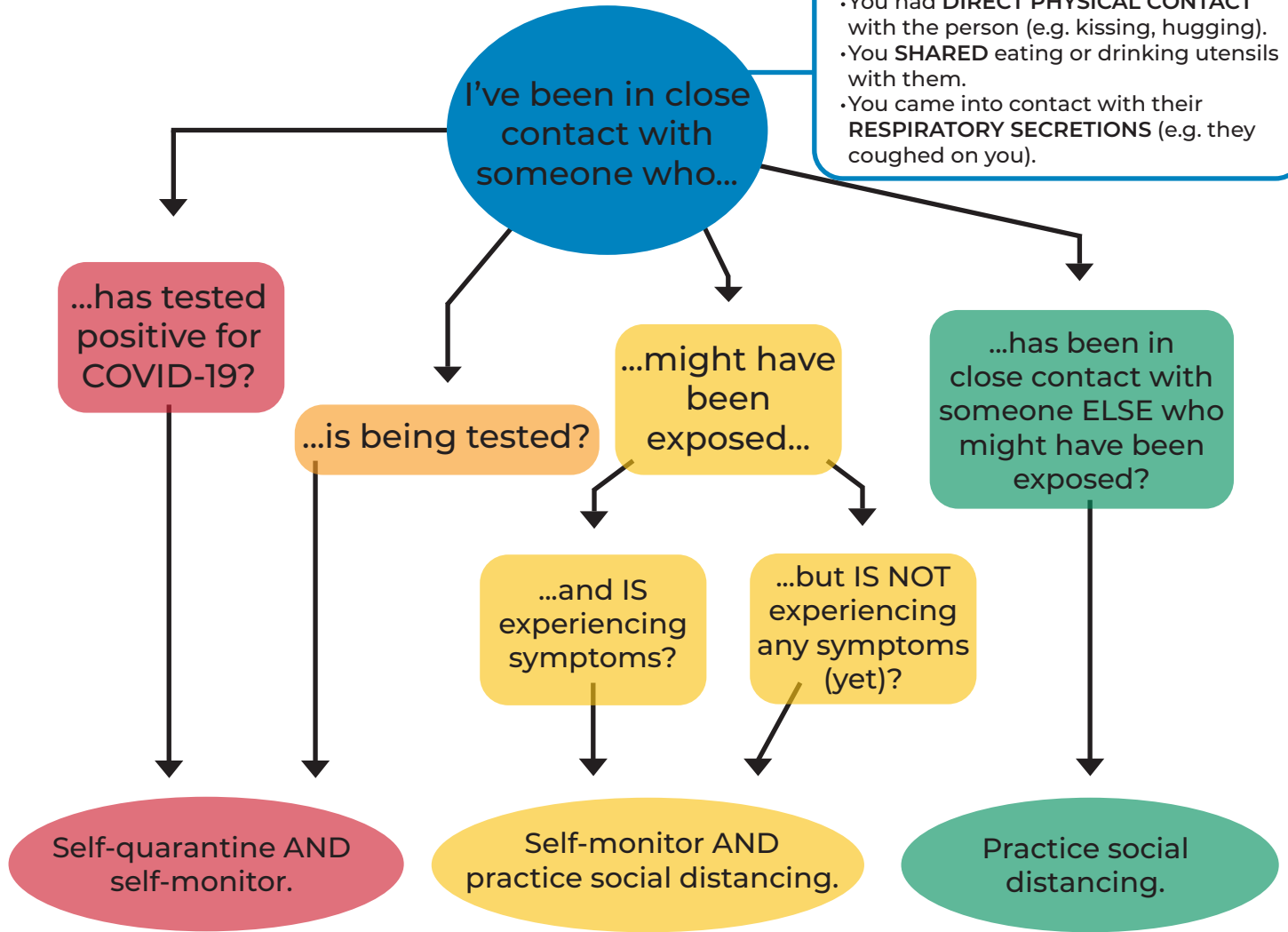


What should I do if...

What counts as close contact?

- You spent a **PROLONGED** period of time in the same room.
- You had **DIRECT PHYSICAL CONTACT** with the person (e.g. kissing, 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?

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.
DON'T seek medical treatment without calling first!

...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.

AND PRACTICE GREAT HYGIENE!

WASH your hands frequently • **AVOID TOUCHING** your face • **WIPE DOWN** frequently touched surfaces

WHAT IF I HAVE SYMPTOMS?

Stay home, avoid contact with others, and contact your personal health care provider or Lawrence-Douglas County Public Health, 785-856-4343.

Learn more at www.DouglasCountyKS.org/Coronavirus.