**CSD EMPLOYEE:** I think I have been exposed to COVID-19, what should I do?

- I live with or am caring for someone with COVID-19.
- Someone that has COVID-19 coughed or sneezed on me.

**OR**

- I was exposed to an individual who has tested positive for COVID-19.
  
  **During that activity:**
  - I was within six feet of other individuals
  - I sustained interaction of 15 minutes or more with the other individual.
  - I was not wearing a face covering.

- I think someone I know (e.g. a coworker) has COVID-19.

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**Yes to all three**

- You should self-quarantine and monitor yourself for symptoms.

**No to any of the three**

- You do not need to self-quarantine, but it is a good idea to monitor yourself for symptoms.

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Are you currently experiencing or have recently experienced symptoms of COVID-19 (see chart below)?

**YES**

- Are you having severe symptoms like difficulty breathing, persistent pain or pressure in the chest?
  
  **YES**
  - Seek immediate medical attention.
  
  **NO**
  - Contact your health care provider to discuss your symptoms.

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**NO**

- Continue to monitor yourself for symptoms.

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**Patients with COVID-19 may have these symptoms:**

- Fever or Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
COVID-19: Quarantine vs. Isolation

**QUARANTINE** keeps someone who was in close contact with someone who has COVID-19 away from others.

If you had close contact with a person who has COVID-19

- Stay home until 14 days after your last contact.
- Check your temperature twice a day and watch for symptoms of COVID-19.
- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

**ISOLATION** keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

If you are sick and think or know you have COVID-19

- Stay home until after
  - 3 days with no fever and
  - Symptoms improved and
  - 10 days since symptoms first appeared

If you tested positive for COVID-19 but do not have symptoms

- Stay home until after
  - 10 days have passed since your positive test.

If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.

cdc.gov/coronavirus