Were you exposed to a person with symptomatic COVID-19 during the period from 48 hours before symptoms onset until that person meets criteria for discontinuing home isolation?

Stay home until 14 days after last exposure* and maintain social distance (at least 6 feet) from others at all times

Self-monitor for symptoms
  • Check temperature twice a day
  • Watch for fever, cough, or shortness of breath

Avoid contact with people at higher risk for severe illness (unless they live in the same home and had same exposure)

Follow CDC guidance if symptoms develop

*Last Exposure – last day person with COVID-19 symptoms experiences fever or respiratory symptoms. This applies if that person goes 72hrs fever free without fever reducing medicine and without respiratory symptoms (cough, SOB)

Self-monitor – take temperature 2x/day (including before work shift).
Fever – temperature > 100.0°

These recommendations based on CDC guidance as of 3/30/20. Please refer to www.CDC.gov regularly for updates and to your state specific health department for recommendation.
COVID-19

Last Exposure Example

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