

Steps to Slow the SPREAD of COVID-19

COVID-19 is a respiratory illness that can spread from person to person.

Residents are encouraged to follow these instructions to prevent disease spreading to people in your home and community.

SYMPTOMS can include **FEVER** (100.4°F/38°C or higher) or **CHILLS, COUGH, or TROUBLE BREATHING**.

Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

Most people will have mild illness and be able to recover at home.*

For other possible symptoms, visit: www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html.

If You Are Sick or Test Positive...

- **Stay home.** Avoid contact with others, do not share personal items, and use a separate bedroom and bathroom, if possible.
- **Monitor your health.** Stay in touch with your doctor. Most people with COVID-19 have mild illness and are able to recover at home without medical care.*
 - Call before you get medical care.
 - Seek medical attention immediately if you develop trouble breathing, pain or pressure in the chest, confusion, or bluish lips or face. **Call 9-1-1.**
- **Wear a mask** that covers your nose and mouth when around other people.
- **Cover your coughs and sneezes** with a tissue or the inside of your elbow.
- **Wash your hands often** with soap and warm water for at least 20 seconds.
- **Clean and disinfect high-touch surfaces every day.**
- **Do not leave home until fever-free for 24 hours** (without the help of medication) AND at least 10 days have passed since symptoms first appeared or you tested positive.
- **Inform close contacts.** Talk to everyone who has been within 6 feet of you for a total of 15 minutes or more over a 24-hour period while you were sick, including the 48 hours BEFORE you developed symptoms or you tested positive. Tell them to stay home for 14 days.

If You Had Close Contact with Someone Who Is Sick...

- **Stay home for 14 days** (except to get medical care) since you last interacted with the sick person. Avoid contact with others even though you may feel well. Do not share personal items, and use a separate bedroom and bathroom, if possible.
- **Get tested** between 5-7 days after you were in close contact to the sick person.
- **Wear a mask** that covers your nose and mouth when around other people.
- **Monitor for symptoms.** Take your temperature with a thermometer two times a day and watch for fever or cough.
- **Keep your distance from others** (at least 6 feet).
- **Cover your coughs and sneezes** with a tissue or the inside of your elbow.
- **Wash your hands often** with soap and warm water for at least 20 seconds.
- **Clean and disinfect high-touch surfaces every day.**
- **If you become sick,** stay home, keep your distance from others, and inform close contacts you are sick. Follow the guidance under “If You Are Sick or Test Positive.”
- **Inform close contacts.** Talk to everyone who has been within 6 feet of you for a total of 15 minutes or more over a 24-hour period while you were sick, including the 48 hours BEFORE you developed symptoms or you tested positive. Tell them to stay home for 14 days.

**Older adults and people of any age with serious underlying medical conditions may be at higher risk for more serious complications from COVID-19. Seek care early.*

Updated 11/12/2020 to reflect changes in CDC's definition of a close contact

How to Identify and Talk to Your Close Contacts about COVID-19

If you have COVID-19, it is important that you alert everyone who has been within 6 feet of you for a total of 15 minutes or more over a 24-hour period while you were sick. The steps below will help you identify and talk to your close contacts.

1. **Document day, date, time your symptoms began (or you tested positive):** _____ (day) _____ (date) _____ (time)
Subtract two days: _____ (day) _____ (date) _____ (time)

USE THIS DATE/TIME TO IDENTIFY THE PEOPLE IN STEPS 2 AND 3 BELOW.

2. **List all people who were in your household since becoming sick:** *(including the 48 hours BEFORE you developed symptoms or you tested positive)*

3. **Inform your other close contacts:** *(People who have been within 6 feet of you for a total of 15 minutes or more over a 24-hour period while you were sick, including the 48 hours BEFORE you developed symptoms or you tested positive)*

At work or school: _____
In a car: _____
In or near your home: _____
In other places: _____

Inform Your Close Contacts

Notify your contacts and tell them you are sick. By sharing your information with others, you can slow the spread of illness.

Sample text:

"Hi. I have been diagnosed with COVID-19 (or coronavirus). I'm reaching out because when we met, you may have been exposed. Most people who get sick are able to recover at home. The Health Department recommends that you:"

- **Stay home for 14 days** (except to get medical care) since you last interacted with the sick person. Avoid contact with others, do not share personal items, and use a separate bedroom and bathroom, if possible.
- **Monitor your health.** Stay in touch with your doctor. Most people with COVID-19 have mild illness and are able to recover at home without medical care.*
 - Call before you get medical care.
 - Seek medical attention immediately if you develop trouble breathing, pain or pressure in the chest, confusion, or bluish lips or face. Call 9-1-1.
 - Get tested between 5-7 days after you were in close contact to the sick person.

- **Wear a mask** that covers your nose and mouth when around other people.
- **Keep your distance from others** (at least 6 feet).
- **Cover your coughs and sneezes** with a tissue or the inside of your elbow.
- **Wash your hands often** with soap and warm water for at least 20 seconds.
- **Clean and disinfect high-touch surfaces every day.**
- **If you become sick, stay home and keep your distance from others.**
- **Inform others if you become sick.** Talk to everyone who has been within 6 feet of you for a total of 15 minutes or more over a 24-hour period while you were sick, including the 48 hours BEFORE you developed symptoms or you tested positive. Tell them to stay home for 14 days. If you get sick, call your doctor or healthcare provider and let them know you were exposed to someone with COVID-19 and now are ill.



For more information visit
www.arlingtonva.us
Questions? Call 703.228.7999