

# 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](http://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html).

## If You Are Sick and Have Symptoms...

- **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 facemask** 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.
- **Inform close contacts.** Talk to everyone who has been within 6 feet for 15 minutes or longer while you were sick, including the 48 hours BEFORE you developed symptoms. 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 facemask** 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 and Have Symptoms.*”
- **Inform close contacts.** Talk to everyone who has been within 6 feet for 15 minutes or longer while you were sick, including the 48 hours BEFORE you developed symptoms. 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.

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

If you have symptoms of COVID-19, it is important that you alert everyone who has been within 6 feet for 15 minutes or longer 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: \_\_\_\_\_ (day) \_\_\_\_\_ (date) \_\_\_\_\_ (time)

Write down the day, date, time that is

48 hours or 2 days BEFORE symptoms began: \_\_\_\_\_ (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)*

\_\_\_\_\_

3. Inform your other close contacts: *(People who have been within 6 feet of you while you were sick, including the 48 hours BEFORE you developed symptoms)*

At work: \_\_\_\_\_

In a car: \_\_\_\_\_

In or near your home: \_\_\_\_\_

In other places: \_\_\_\_\_

## Inform Your Close Contacts

Call 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 am sick with symptoms of COVID-19 (the coronavirus infection). I’m calling you 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 do the following:”*

- **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 facemask** 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 for 15 minutes or longer while you were sick, including the 48 hours BEFORE you developed symptoms. 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](http://www.arlingtonva.us)  
Questions? Call 703.228.7999