

If you were exposed to COVID-19:

Be prepared to talk to your local health department about:

- Your exposure to the infected individual
- Any symptoms you may be experiencing
- Your health history
- Date of your quarantine period and release



Monitor yourself for the following symptoms:

- Fever or chills
- Congestion or runny nose
- Sore throat
- Fatigue
- Muscle or body aches
- Nausea, vomiting or diarrhea
- Difficulty staying awake
- New loss of taste or smell
- Headache
- Shortness of breath
- Confusion
- Blue nail beds, lips



Take steps to protect yourself, our family, and others:

- Quarantine for 7, 10, or 14 days, per your health department disease investigator's recommendations
- Distance yourself at least 6 feet from people in your home, using a separate bathroom, if possible
- Notify friends, family members, and employers that you have been exposed to an infected individual.
- Stay home for the duration of your quarantine period unless you need medical attention.



For more information, contact **WCHD** at **859-873-4541**