

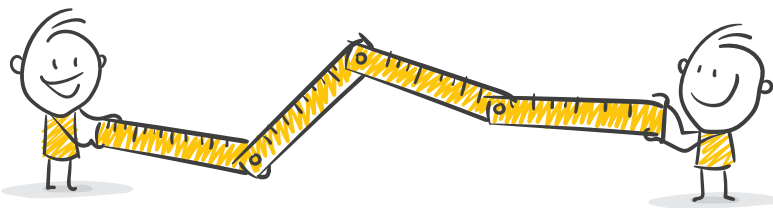
What to do if you were potentially exposed to someone with confirmed coronavirus disease (COVID-19)?

To get COVID-19 you need to have had close contact with a person ill with COVID-19.

Close contact includes:

1. Living in the same household as a sick person with COVID-19,
 2. Caring for a sick person with COVID-19,
 3. Being within 6 feet (or 2 meters) of a sick person with COVID-19 for about 10 minutes,
- or
4. Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed or sneezed on, kissing, sharing utensils, etc.).

Being indoors, such as a classroom or hospital waiting room, with a sick person with COVID-19 and remaining more than 6 feet away, does not put you at a higher risk of getting sick. Additionally, briefly walking by or being briefly in the same room as a sick person with COVID-19 does not put you at a higher risk of getting sick.

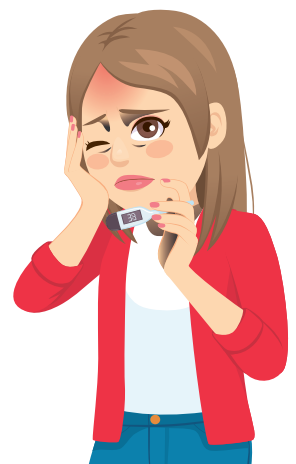


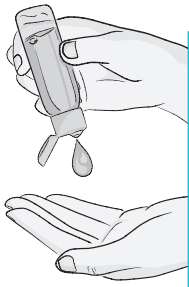
Stay home and avoid contact with others for 14 days after close contact with a person ill with COVID-19.



- Please keep at least 6 feet distance from others.
- Monitor your health and be aware of the most common signs of COVID-19: fever, cough, or shortness of breath.
- If you get a fever, cough, or shortness of breath, before seeking health care call ahead to the facility and tell them your situation. They will give you instructions on how to get care without exposing other people to your illness.

If you have more questions about staying home or practicing social distancing, please contact your local health department.





What to do if you were potentially exposed to someone with confirmed coronavirus disease (COVID-19)?

Take these steps to monitor your health while you stay home and practice social distancing:

- Take your temperature with a thermometer two times a day (once in the morning, once at night) and watch for fever.
- Watch for cough or trouble breathing.
- If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing, contact your primary care provider or the Erie County Department of Health for advice on getting medical care.
- If you are mildly ill, isolate at home (stay away from others) during illness. Get rest and drink plenty of fluids. Learn more about [What else can I do when sick.](#) (www2.erie.gov/health/)
- If you have a doctor's appointment or are seeking care, call your doctor's office and tell them you may have COVID-19 due to your recent contact and your symptoms. Put on a facemask and perform hand hygiene before you go in to keep other people in the office or waiting room from getting sick.



STAY HOME AND AVOID CONTACT WITH OTHERS FOR 14 DAYS FROM LAST CONTACT.

If there are others in your household, try to limit contact by staying in a specific room. Use a separate bathroom, if available.



Do not take public transportation such as buses, trains, taxis, or ride-shares during the time you are monitoring your health.



Avoid all public spaces, public activities, and group gatherings during the time you are monitoring your health.



Keep your distance from others (about 6 feet or 2 meters) and WASH or SANITIZE HANDS FREQUENTLY.

If necessary, the Erie County DOH can ensure that your basic needs (for example, food and medication) are being met.

- A family member or friend who did not have any COVID-19 exposures may bring items to your door, but must stay at least 6 feet away from you and may not enter the home.