



COVID-19 SYMPTOMS

If you think you've been exposed to COVID-19 and develop these symptoms, call your healthcare provider for medical advice.

FEVER



COUGH



SHORTNESS
OF BREATH



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

If you think you have been exposed to someone with COVID-19, follow the steps below to monitor your health, and avoid spreading the disease to others if you get sick. All people who get sick with fever,

cough or shortness of breath (even if your symptoms are very mild), should stay at home and away from other people for 72 hours after fever is gone and other symptoms have improved.

How do I know if I was exposed?

You generally need to be in close contact with a sick person to get infected.

Close contact includes:

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

What should I do if I am a close contact to someone with COVID-19 but am not sick?

You should monitor your health for fever, cough and shortness of breath during the 14 days after the last day you were in close contact with the sick person with COVID-19. You should not go to work or school and should avoid public places for 14 days.

What should I do if I am a close contact to someone with COVID-19 and get sick?

If you get sick with fever, cough or shortness of breath (even if your symptoms are very mild), you should stay at home and away from other people for 7 days from illness onset or for 72 hours after fever is gone and other symptoms have improved, whichever is longer.

- Consider notifying your close contacts of your illness so they can also monitor themselves for

illness.

- If you are age 60 years or over, pregnant, or have medical conditions, you may be at increased

risk of serious infection and should notify your physician's office that you were exposed to

COVID-19. Call ahead to discuss, do not just go to the office. They may want to monitor your

health more closely or test you for COVID-19. Your healthcare provider is a good source of

medical advice.

- If you do not have a high-risk condition but want medical advice, you can call your healthcare

provider and tell them that you were exposed to someone with COVID-19. Your healthcare

provider can help you decide if you need to be evaluated in person.



Local Area Testing Sites

Click below to go to counties testing site page.

Deerfield Beach
Palm Beach County

**Kind Regards,
Tidewater Team**

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