

Watch for Symptoms: People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

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| + Fever or chills | + New loss of taste or smell |
| + Cough | + Sore throat |
| + Shortness of breath or difficulty breathing | + Congestion or runny nose |
| + Fatigue | + Nausea or vomiting |
| + Muscle or body aches | + Diarrhea |
| + Headache | |

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Self-Care: Rest as needed. Healthy habits may help you feel better. Steps include:

- + Choose healthy foods including fruits and vegetables. Drink water throughout the day.
- + Get plenty of sleep each night.
- + If you smoke, try to quit. It may ease breathing.
- + Avoid alcohol.

Keep Others Healthy: The virus can spread to others. Droplets are released every time you sneeze or cough. The droplets can get into the mouth, nose, or eyes of people near you and lead to infection.

- + If possible, spend most of your time in a separate room from others
- + Use a face mask if you will be in close contact with others such as sharing a room or vehicle. They should wear a mask as well.
- + Cough or sneeze into a tissue. Throw the tissue away right after use. If a tissue is not available, cough or sneeze into your elbow.
- + Wash your hands often. Always wash them after sneezing or coughing. Use soap and water and wash for at least 20 seconds. Alcohol based hand cleaner can be used if soap and water is not available.

Unvaccinated Quarantine Guidelines per the CDC if you have been within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19:

- + Stay home for 14 days after your last contact with a person who has COVID-19.
- + Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.
- + If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19.
- + You may be able to shorten your quarantine-- Your local public health authorities In areas using options to reduce quarantine times,
 - OPTION 1: people who are asymptomatic can use a negative test result collected on day five (5) after exposure to exit quarantine on day seven (7), with additional self-monitoring. The day of exposure is considered day zero (0).
 - OPTION 2: 10 days have passed since the last date of exposure to COVID-19 AND no symptoms.

Fully-Vaccinated Quarantine Guidelines per the CDC, if you have been within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19:

- + Per CDC, you do NOT need to quarantine after above contact with someone who had COVID-19 unless you have symptoms.
- + However, fully vaccinated people should get tested 5-7 days after their exposure, even if they don't have symptoms AND wear a mask indoors in public for 14 days following exposure or until their test result is NEGATIVE

When to Seek Emergency Medical Care: Call 911 to seek emergency medical care immediately if any of the following occur:

- + Trouble breathing
- + Persistent pain or pressure in the chest
- + New confusion
- + Inability to wake or stay awake
- + Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone