

IF I am healthy and have no symptoms AND have not been exposed to anyone who was experiencing symptoms

**PRACTICE SOCIAL DISTANCING**

AVOID CROWDS, INCREASE SPACE BETWEEN YOU AND OTHERS

**FOLLOW CDC GUIDANCE ON HOW TO PROTECT YOURSELF**

WASH HANDS, DON'T TOUCH YOUR FACE, STAY AWAY FROM PEOPLE WHO ARE SICK

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html>

If I have been exposed to someone who was experiencing symptoms OR live in a household with someone who is currently ill or traveled to a Level 2/3 country (consult CDC travel advisories )

**PRACTICE SELF QUARANTINE AND SELF MONITORING**

STAY HOME FOR 14 DAYS FROM DATE OF LAST EXPOSURE

DO NOT SHARE TOWELS, EATING UTENSILS, WITH ILL HOUSEHOLD MEMBERS

**FOLLOW CDC CLEANING GUIDELINES**

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

IF I am experiencing symptoms of fever, cough or shortness of breath

**SELF ISOLATE**

STAY HOME DO NOT GO TO WORK, SCHOOL, PUBLIC PLACES, AVOID COMMON AREAS WITH HOUSEHOLD MEMBERS

**MONITOR YOUR SYMPTOMS**

FEVER, COUGH, SHORTNESS OF BREATH

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

**CALL YOUR DOCTOR**

