

# DO YOUR PART---SLOW THE SPREAD OF COVID-19

**I am sick with fever (100.4), cough and / or difficulty breathing**

Stay **HOME**- do not leave the home unless to seek medical care (call provider or hospital first before going).

**Self ISOLATION**- stay away from others in the house.

**Clearance Instructions:**

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

**I had contact with confirmed case or someone who had symptoms**

Stay **HOME** for 14 days and **SELF-MONITOR** for symptoms.

1. check temperature in AM and PM
2. watch for other symptoms
3. if symptoms develop- stay home (see red box)

**Self-Quarantine:**  
Avoid going out, being in groups

**I have no symptoms**

**DO YOUR Part:**

**Practice Social Distancing**

No groups  
Keep 6 foot distance

**Comply with Closures**

**Wash your hands**

**Use hand sanitizer**

**Don't touch your face**

If symptoms develop-stay home (see red box)

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