

## **What to do if you were *potentially exposed* to someone with COVID-19**

If you have been exposed to COVID-19 or think you have been exposed, you can help prevent the spread of the virus to others in your home and community. Please follow the guidance below.

### **Know the symptoms of COVID-19**

Common symptoms include fever or chills, cough, shortness of breath or difficulty breathing, muscle or body aches, sore throat, headache, fatigue, nausea or vomiting, diarrhea, congestion or runny nose, or a new loss of taste or smell



### **How do I know if I've been exposed to COVID-19?**

You can get exposed when you come into direct contact with the secretions (droplets) of someone who has COVID-19 (being coughed or sneezed pm. Kissing, sharing utensils, etc.) People often get exposed by a household member or through close contact with another person. Close contact means that you have been within 6 feet of someone with COVID-19 for 10mins or more. Some people get COVID-19 without knowing how they were exposed.

If someone with COVID-19 tells public health they have recently been in close contact with you, you may hear from public health. Close contact means that you have been within 6 feet of someone with COVID-19 for 10mins or more. An interviewer will help you understand what to do and what support is available. The interviewer will not tell you who gave them your name.

If you later become ill, they will ask you for the names and contact information of people you were recently in close contact with to notify them about exposure. They will not share your name.

### **I had close contact with someone who has COVID-19 but I am not sick.**

#### **What should I do?**

You should stay home and away from others. Monitor for fever, cough and shortness of breath for 14 days from the last day you had close contact with the person. Do not go to work or school or gym, and avoid public places for 14 days.

### **I had close contact with someone who has COVID-19 and now I am sick.**

#### **What should I do?**

You should stay home and away from others including family members (self-isolate). Contact your health care provider for a test. Inform the school, church, child care provider or employee of your status.

**Please contact PEG if there is a positive case within your immediate family.**

**Our daily attendance and class records provide easy contact tracing. When a case is linked to our business, employees and patrons will be notified with an email that is worded as such;**

Subject Line: Health Alert

*"An individual in our facility has tested positive for Covid-19, and we have identified you as a close contact according to the CDC definition. The person tested positive on [date] and is now self-isolating. Please contact your health provider or the Gritman Medical Center COVID Hotline 208-883-4109 for consultation. You may also be contacted by the health department. If closure is recommended by the health department, PEG will do so as advised. We are here to support everyone during this difficult time, and we all send our best wishes to the people affected."*