

If you or a household member leaves your home at any time, you are at risk for COVID-19.

# Assume you have been exposed to COVID-19.

## WHAT YOU CAN DO:

- 1** **Monitor yourself for symptoms** like fever, cough, shortness of breath, and sore throat.
- 2** **If you develop symptoms, isolate yourself from all others immediately.** This means not leaving your house and staying in a separate room, if possible.
- 3** **Come out of isolation** once these three things happen:
  - No fever for 72 hours, or 3 full days, without use of fever-reducing medications, **AND**
  - Other symptoms (like cough or shortness of breath) have improved, **AND**
  - It has been at least 10 days since you first had symptoms