If you or someone you have been in contact with has tested positive for COVID-19

I HAVE TESTED POSITIVE FOR COVID-19

Immediately notify people you have had close contact with 2 days prior to getting ill or to testing positive if you don’t have symptoms. Tell them to follow the guidance on the right.

Take care of yourself. Follow CDC guidance for self-care like staying home, keeping in touch with your doctor, and staying away from others.

If you have an emergency warning sign (including trouble breathing), get emergency care right away.

I’VE HAD CLOSE CONTACT WITH SOMEONE WHO TESTED POSITIVE FOR COVID-19

Stay home for 14 days (starting the day you were exposed) and remain isolated from others as possible.

Keep 6 feet or more away from others at all times (including others in your home).

Monitor your health for symptoms such as fever, cough and shortness of breath.

Get tested. If you have symptoms, call your health care provider first.

If you think you are sick, follow guidelines from www.cdc.gov/coronavirus.

Find additional COVID-19 information and resources at www.snhd.info/covid