

# I think I have been exposed to COVID-19, what should I do?

## Close Contacts

**I live with or am caring for someone with COVID-19**

**Someone that has COVID-19 coughed or sneezed on me**

**I think my coworker has COVID-19**

**I think someone I know has COVID-19**

**You should self quarantine and monitor yourself for symptoms. The local health department may ask you to do so.\***

**You do not need to self quarantine, but it is a good idea to be vigilant and monitor yourself for symptoms.**

**Have you developed symptoms of respiratory illness such as fever, cough, or shortness of breath?**

**YES**

**NO**

**Are you having severe symptoms like difficulty breathing, persistent pain or pressure in the chest, new confusion or inability to arouse or bluish lips or face?**

**YES**

**NO**

**Seek immediate medical attention.**

**Contact your health care provider to discuss your symptoms.**

**Continue to monitor yourself for symptoms.**

### HOW DO I MONITOR MYSELF?

**Pay attention for COVID-19 symptoms:**

- Fever
- Cough
- Shortness of Breath

**If you are concerned about your health, contact your health care provider.**

**If your doctor decides you should be tested for COVID-19, your health care provider can order testing for you.**

**Health care provider takes a sample**

**Sample is sent to a laboratory for testing**

**Laboratory sends result to health care provider**

**Health care provider informs patient of result. The state health department will not provide results.**

**\*Quarantine process for general public, does not specifically apply to health care workers.**