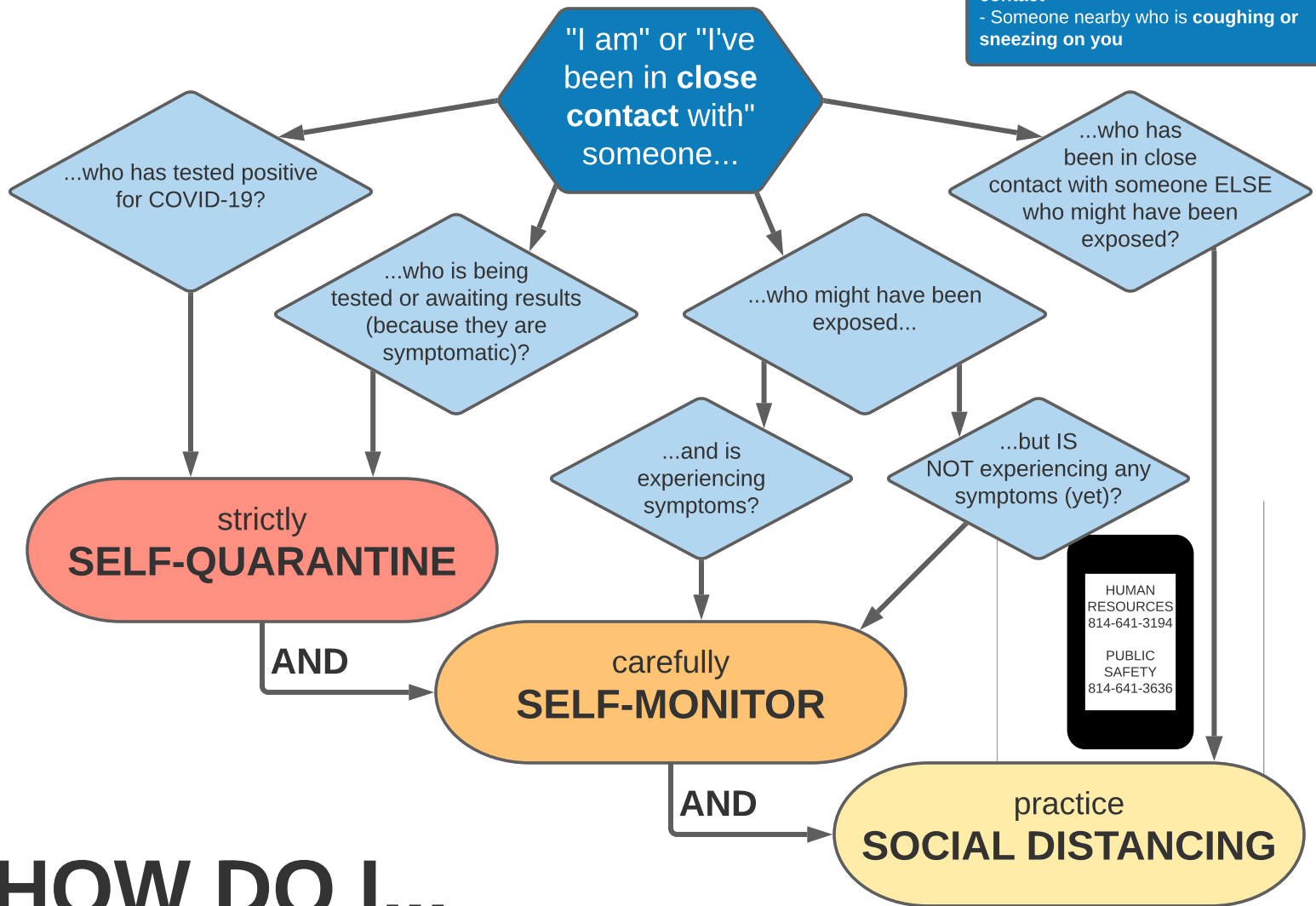


WHAT SHOULD I DO IF...

What is a "close contact"?

- Those with whom you have **extended or frequent contact**, typically within less than 6' and for more than 15 minutes
- Those with whom you have **physical contact**
- Someone nearby who is **coughing or sneezing on you**



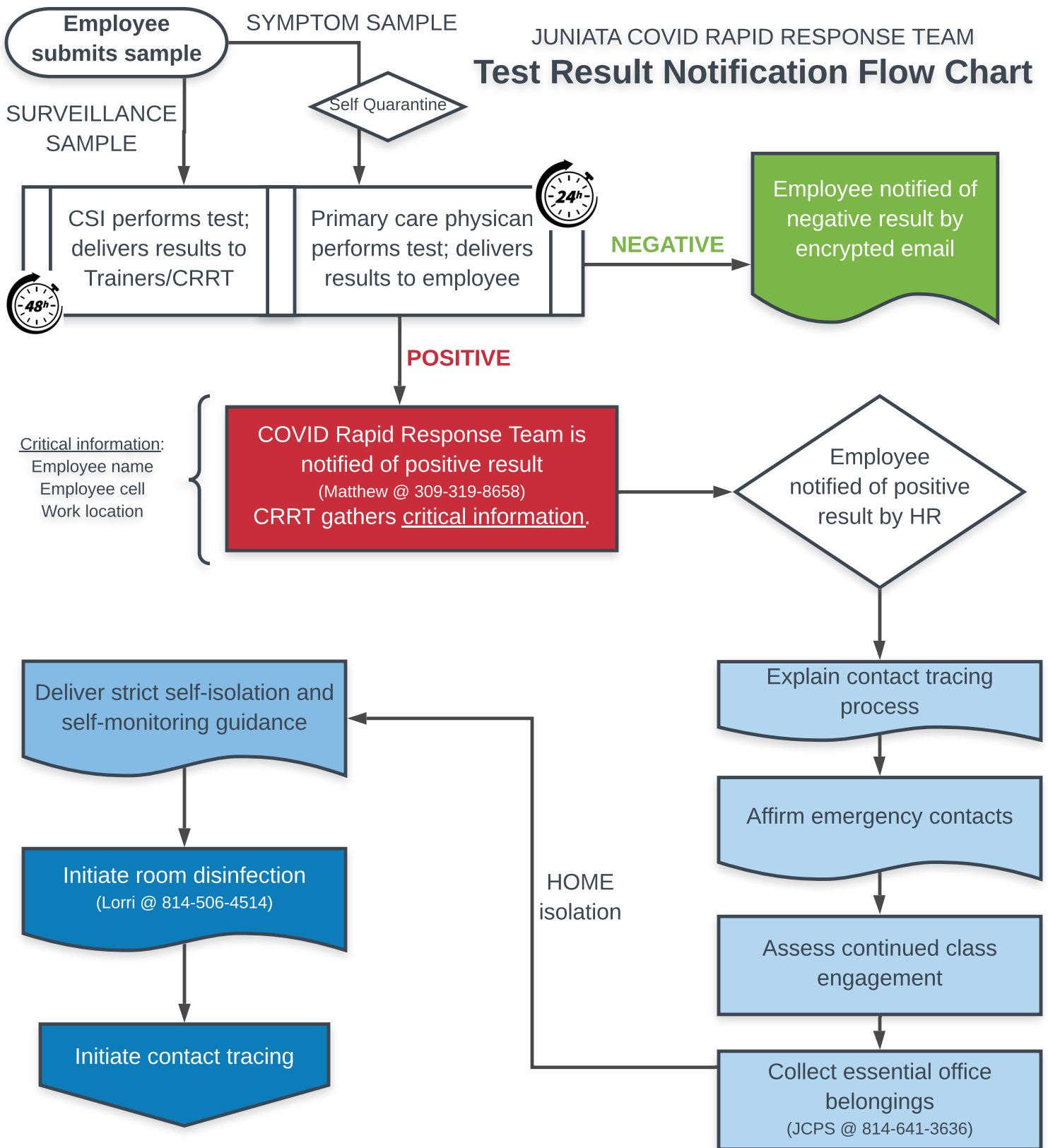
HOW DO I...

SELF-QUARANTINE	SELF-MONITOR	SOCIAL DISTANCE
<ul style="list-style-type: none"> ▶ CALL your primary care physician to consult ▶ STAY IN YOUR HOME as much as possible for 14 days or until receiving a negative COVID test result ▶ SHIFT CLASSES to online engagement (if applicable) ▶ UTILIZE TAKE-OUT and CONTACTLESS DELIVERY for essentials ▶ SANITIZE shared surfaces after use ▶ AVOID CONTACT with other people 	<ul style="list-style-type: none"> ▶ BE ALERT for symptoms of COVID 19, especially fever, dry cough or shortness of breath ▶ TAKE YOUR TEMPERATURE every morning and night, and use the log to record results ▶ CALL your primary care physician if you note a fever (above 100.4F or 38C) or trouble breathing ▶ DON'T seek medical treatment without calling first 	<ul style="list-style-type: none"> ▶ STAY HOME when you're able ▶ KEEP IT BRIEF - limit in-person interactions to 15 minutes or less as possible ▶ WEAR A MASK in the presence of others, no exceptions ▶ DON'T physically get close to people; try to stay at least 6 feet away ▶ DON'T hug or shake hands ▶ AVOID groups of people and frequently touched surfaces

AND PRACTICE GREAT HYGIENE!

WASH your hands frequently * **AVOID TOUCHING** your face * **WIPE DOWN** surfaces regularly

Test Result Notification Flow Chart



Contact tracing has been used for decades by state and local health depts to slow or stop the spread of infectious diseases.

JUNIATA COVID RAPID RESPONSE TEAM

Contacts and Tracing

Contact tracing slows the spread of COVID-19 by

- Letting people know they may have been exposed to COVID-19 and should monitor their health for signs and [symptoms of COVID-19](#)
- Helping people who may have been exposed to COVID-19 get tested
- Asking people to [self-isolate](#) if they have COVID-19 or [self-quarantine](#) if they are a close contact of someone with COVID-19

