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

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

- **YES**
  - You should self quarantine and monitor yourself for symptoms. The local health department may ask you to do so.*
  - 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**
      - Seek immediate medical attention.
    - **NO**
      - Continue to monitor yourself for symptoms.
- **NO**
  - You do not need to self quarantine, but it is a good idea to be vigilant and monitor yourself for symptoms.
  - Contact your health care provider to discuss your 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.