

You may have been exposed to a person who tested positive for COVID-19. To prevent the spread of this highly contagious infection you are being asked to self-quarantine.

- If you are NOT a healthcare provider or first responder and do NOT have any symptoms (no fever, cough, shortness of breath, or difficulty breathing), you should self-quarantine for 14 days from the last date of exposure to the confirmed COVID19 tested person.
- You may self-quarantine in your own home
- If possible, you should have a room to yourself with your own bathroom facilities.
- If there are others residing in your home with you, they should maintain social distancing by remaining at least 6 feet from you.
- During that time you should check your temperature two times a day and watch for symptoms of cough, fever and shortness of breath.
- If you do NOT develop symptoms within 14 days, you may return to work.
- If you become ill during the 14 days of self-quarantine, you should continue to isolate yourself at home
- You may discontinue self-isolation when,
 - You no longer have a fever without the use of fever-reducing medications for 24 hours, **and**
 - The symptoms (cough, shortness of breath) are improving, **and**
 - At least 10 days have passed since symptoms first appeared.