COVID-19 Info
BACK TO WORK

COLUMBUS REGIONAL HEALTH

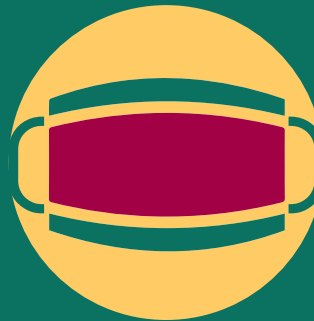## Are you wearing a mask appropriately?

Wear your mask CORRECTLY to protect yourself and others.

· Wash your hands before putting on your face covering
· **Put it over your nose and mouth and secure it under your chin**
· Try to fit it snugly against the sides of your face
· Make sure you can breathe easily
· Do not place a mask on a child younger than 2

Do you think you've been exposed?

· If you were in close contact (within 6 feet) with someone who tests positive for COVID-19 and you both were wearing mask, and wearing them properly, you are at low risk.
· If you were in close contact (within 6 feet) for more than 15 minutes with someone who tests positive for COVID-19, whether or not you or the other person were wearing a mask, you may have been exposed.
· If you think you have been exposed contact your school/workplace for specific guidance.

Do you have symptoms?

Fever or chills, cough, shortness of breath or difficulty breathing

· Do you have a primary care provider (PCP)? If so, call your PCP.
· Don't have a PCP or have questions? **Call WellConnect at 812.376.5136.** They can help you get established with a PCP and get an appointment for evaluation/testing.
· If you are ill and need to see a provider right away, go to PromptMed, located at 2502 25th Street, Columbus, IN (No appointment necessary).

Should you be tested?

· If you think you have been exposed, but are not having symptoms, you do not need to be tested. However, you should quarantine yourself and monitor for symptoms (fever, chills, cough, trouble breathing) for 14 days after the exposure. If you should start having symptoms, call your primary care provider (PCP).
· If you have been exposed and are having symptoms, call your PCP and request an appointment. Your PCP can determine if you are having symptoms of COVID-19 or another seasonal or respiratory illness.
· If you have symptoms of COVID-19, it is important to stay home except to see your PCP.

SHELTERING AT HOME IS DIFFERENT THAN QUARANTINE OR ISOLATION

Sheltering at Home

Means taking precautions to avoid getting COVID-19 by staying at home except for essential travel.

Quarantine

Keeps someone who was in close contact with someone who has COVID-19 away from others. If you had close contact with a person who has COVID-19:

· Stay home until 14 days after your last contact.
· Check your temperature twice a day and watch for symptoms of COVID-19.
· If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

Isolation

Keeps someone who is sick or tested positive for COVID-19, even if they don't have symptoms, away from others, even in their own home.

· If you are sick and think or know you have COVID-19, stay home until after at least 10 days since symptoms first appeared and at least 24 hours with no fever without fever-reducing medication and symptoms have improved.
· If you tested positive for COVID-19, but do not have symptoms, stay home until after 10 days have passed since your positive test.
· If you live with others, stay in a specific "sick room" or area and away from other people or animals, including pets. Use a separate bathroom, if available.

For a complete list of COVID-19 symptoms, visit cdc.org/coronavirus