# STOP THE SPREAD OF **COVID-19**

# WHAT TO DO IF YOU GET SICK

**COVID-19 SYMPTOMS can include fever (100.0°F/37.8°C or higher), cough, trouble breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell.**

Illnesses range from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure. Call your doctor to see if you should be tested for COVID-19. If you don't have a doctor or insurance, call 703.746.4988 for help. Most people will have mild illness and can recover at home.\* **Follow these instructions to prevent infecting your neighbors and loved ones.**

## IF YOU HAVE TESTED POSITIVE OR HAVE SYMPTOMS:

**Stay home!** Avoid contact with others, do not share personal items, and use a separate bedroom and bathroom, if possible.

**Monitor your health.** Seek medical attention immediately if you develop trouble breathing, pain or pressure in the chest, confusion, or bluish lips or face. Call ahead.

**Cover your coughs and sneezes** inside of your elbow; if you use a tissue, discard the tissue, then wash your hands.

**Wear a cloth face cover** (or bandana or scarf that covers your nose and mouth) or a surgical mask when around others.

**Wash your hands often** with soap and warm water for at least 20 seconds; if a sink is not available, use hand sanitizer with at least 60% alcohol.

**Clean and disinfect** high-touch surfaces frequently. Follow CDC guidance on handling trash and laundry.

**Do not leave home** until fever-free for 72 hours (without the help of medication) AND at least 10 days have passed since symptoms first appeared.

**Inform close contacts.** Talk to everyone who has been within 6 feet of you for more than ten minutes while you were sick, including the 48 hours BEFORE you developed symptoms. Advice for your contacts follows.

\*Older adults and people of any age with serious underlying medical conditions may be at higher risk for more serious complications from COVID-19. Seek medical care early.

**For alerts, text ALEXCOVID19 to 888777**
**Alexandria COVID-19 Hotline: 703.746.4988, Mon.-Fri. 9am-6pm**

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**For the most up-to-date information from the Alexandria Health Department, visit**
# ALEXANDRIAVA.GOV/CORONAVIRUS

## IDENTIFY & TALK TO YOUR CLOSE CONTACTS

If you have symptoms of COVID-19, it is important that you alert everyone who has been within 6 feet for more than 10 minutes while you were sick and for the 48 hours BEFORE you became sick. The steps below will help you identify and talk to your close contacts.

**1. Document when your symptoms began:**

Day:_____ Date:_____ Time:_____

**2. List all people who were in your household since becoming sick AND for the 48 hours BEFORE you became sick:**

_____ _____

_____ _____

**3. List your other close contacts:**

(People who have been within 6 feet of you for more than 10 minutes while you were sick, including the 48 hours BEFORE you developed symptoms)

**At work:**

_____ _____

_____ _____

**In a car:**

_____ _____

_____ _____

**Near your home:**

_____ _____

_____ _____

_____ _____

**In other places:**

_____ _____

_____ _____

_____ _____

_____ _____

**4. Inform Your Close Contacts**

Call the contacts listed above and tell them you are sick. By sharing your information with others, you can slow the spread of illness.

**Sample text:**

*"Hi. I am sick with symptoms of COVID-19 (the coronavirus infection). I'm calling you because when we met you may have been exposed. Most people who get sick are able to recover at home. The Alexandria Health Department recommends that you do all of the following..."*

1. **Stay home for 14 days** since you last interacted with the ill individual. Avoid contact with others, do not share personal items, and use a separate bedroom and bathroom, if possible.

2. **Monitor for symptoms.** Take your temperature with a thermometer two times a day and watch for fever (100.0°F/37.8°C or higher) or cough. Seek medical attention immediately if you develop trouble breathing, pain or pressure in the chest, confusion, or bluish lips or face. Call ahead to your doctor or hospital to tell them what is happening – this way they can be prepared for your arrival.

3. **Wear a cloth face covering** (a bandana or scarf that covers your nose and mouth) or surgical mask when around other people.

4. **Keep your distance from others** (at least 6 feet).

5. **Cover your coughs and sneezes** inside of your elbow; if you use a tissue, discard the tissue, then wash your hands.

6. **Wash your hands often** with soap and warm water for at least 20 seconds; if a sink is not available, use hand sanitizer with at least 60% alcohol.

7. **Clean and disinfect** high-touch surfaces frequently.

8. **If you become sick,** stay home, keep your distance from others, and inform close contacts you are sick. Follow the guidance under "if you are sick & have symptoms" (on the previous page).

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