

EXPOSED TO COVID-19?

If you recently had close contact with a person who has lab-confirmed COVID-19 or who was diagnosed with COVID-19 without lab testing, **SELF-QUARANTINE** and **MONITOR YOUR HEALTH** for symptoms of COVID-19.

SELF-QUARANTINE means to stay home and separate yourself from other people and animals in your home. Do not go to work, school, or public areas. Do not take public transportation, taxis, or ride-shares, if possible. Stay away from people who are at a higher risk of getting very sick from COVID-19, if possible.

MONITOR YOUR HEALTH means to take your temperature with a thermometer two times a day, once in the morning and once at night. Watch for symptoms like cough, difficulty breathing, fatigue, headache, or sore throat.

HOW LONG TO SELF-QUARANTINE?

THOSE WHO ARE CLOSE CONTACTS SHOULD SELF-QUARANTINE AND MONITOR THEIR HEALTH FOR:

- 14 days since last close contact with a person sick with COVID-19.

THOSE WITH ONGOING EXPOSURE (E.G., HOUSEHOLD CONTACT, INTIMATE PARTNER, CAREGIVER) SHOULD SELF-QUARANTINE AND MONITOR THEIR HEALTH FOR:

- The entire duration the person is sick, AND
- 14 additional days after the self-isolation period ends for any sick person in the household.



VDH VIRGINIA
DEPARTMENT
OF HEALTH



**VIRGINIA'S
HEALTH
IS IN YOUR
HANDS.**
Do your part,
stop the spread.