This guidance is to help you closely monitor your health for up to 14 days because you may have been exposed to someone infected with COVID-19. This does **NOT** mean that you will get sick with novel coronavirus disease.

What is novel coronavirus disease (COVID-19)?
COVID-19 is a respiratory disease caused by a new virus called SARS-CoV-2. The most common symptoms of the disease are fever, cough and shortness of breath. Most people with COVID-19 will have mild disease but some people will get sicker and may need to be hospitalized.

What do I do if I was exposed to someone with COVID-19?
If you were exposed to someone with COVID-19, you should stay home for 14 days and follow the steps below to monitor your health and avoid spreading the disease to others if you get sick. **If you get sick with fever, cough or shortness of breath (even if your symptoms are very mild***), you should continue to stay at home and away from other people until 72 hours after fever is gone and other symptoms have improved.*

What should I do if I am a close contact to someone with COVID-19 but am <u>not</u> sick?
You should monitor your health for fever, cough and shortness of breath during the 14 days after the day of potential exposure. ***You should stay at home, not go to work or school, and you should avoid public places for 14 days.***

What should I do if I am a close contact to someone with COVID-19 and get sick?
If you get sick with fever, cough or shortness of breath (even if your symptoms are very mild***), you should stay at home and away from other people for 7 days from illness onset or for 72 hours after fever is gone and other symptoms have improved, whichever is longer.***
- **Most people who are mildly or moderately ill with "cold-like" symptoms do not need to be tested.**
- If you are age 60 years or over, pregnant or have medical conditions, you may be at increased risk of serious infection and should notify your physician's office that you were exposed to COVID-19. Call ahead to discuss, do not just go to the office. They may want to monitor your health more closely or test you for COVID-19. Your health care provider is a good source of medical advice.
- If you do not have a high-risk condition but want medical advice, you can call your health care provider and tell them that you were exposed to someone with COVID-19. Your health care provider can help you decide if you need to be evaluated in person.

How can I help prevent my family from being infected with COVID-19?
Family members do not need to stay at home unless they become symptomatic. The best prevention measures for any respiratory virus are:
- Wash your hands often with soap and warm water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

For information about COVID-19, visit https://dph.georgia.gov/novelcoronavirus or https://www.cdc.gov/coronavirus/2019-ncov/index.html.