

**STAY  
SAFE**

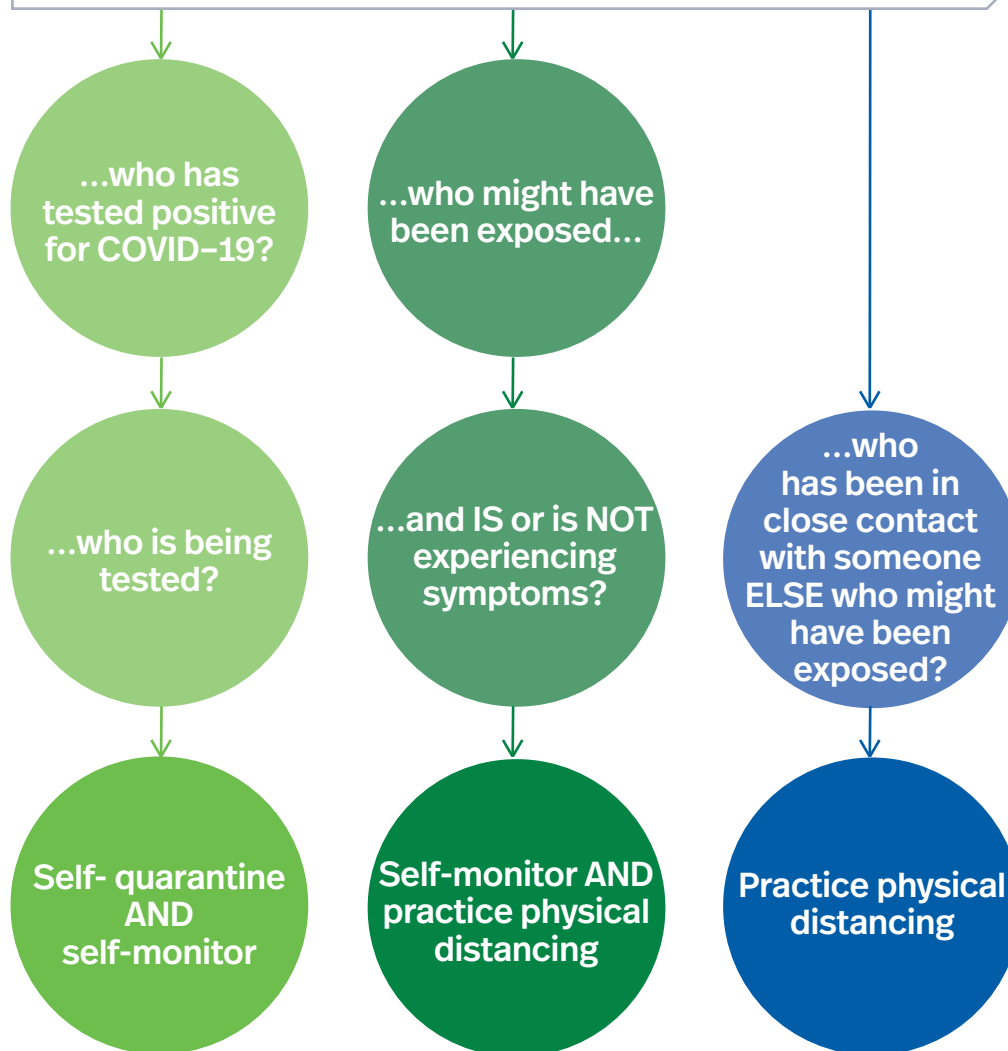


# COVID-19 EXPOSURE

FREQUENTLY ASKED QUESTIONS

[www.cpp.edu/saferreturn](http://www.cpp.edu/saferreturn)

## What should I do if I've had close contact with someone...



### WHAT IS CLOSE CONTACT?

Within 6 ft of a person with confirmed COVID-19 for 15 minutes or more within 24 hours  
Direct physical contact (e.g. kissing, hugging)  
Shared eating or drinking utensils.  
Contact with respiratory secretions (e.g. cough/sneezing close to you).

## How do I ...

### SELF-QUARANTINE?

Stay at home for 14 days from last day of exposure.  
Avoid contact with others.  
Don't share household items.

### SELF-MONITOR?

Be alert for symptoms of COVID-19, especially a dry cough or shortness of breath.

Take your temperature twice a day and write it down, along with other symptoms.

Call your doctor if you have trouble breathing or a fever (100.4°F / 38°C).

If you seek medical treatment, call the doctor's office first.

### PRACTICE PHYSICAL DISTANCING?

Stay home as much as possible.

Try to stay at least 6 ft away from people.

Don't hug or shake hands.

Avoid groups of people.

### GET TESTED FOR COVID-19

LA County  
[covid19.lacounty.gov](http://covid19.lacounty.gov)

State of California  
[covid19.ca.gov](http://covid19.ca.gov)