COVID-19 FREQUENTLY ASKED QUESTIONS

www.cpp.edu/saferreturn

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

...who has tested positive for COVID-19?
Self-quarantine AND self-monitor

...who might have been exposed...
Self-monitor AND practice physical distancing

...who is being tested?

...and IS or is NOT experiencing symptoms?

...who has been in close contact with someone ELSE who might have been exposed?
Practice physical distancing

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
State of California covid19.ca.gov

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).