

# If you were exposed to COVID-19:

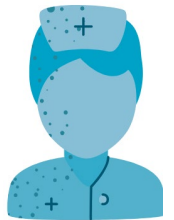
## ■ If your Local Health Department (LHD) calls you, tell them:

- Basic information about you
- Where you have been (work, school, church, etc.)
- Your medical history
- If you have COVID-19 symptoms and when they began
- If you need help



## ■ If you develop any of these symptoms, get tested:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Congestion or runny nose
- New loss of taste or smell
- Headache
- Sore throat
- Nausea or vomiting
- Diarrhea



## ■ Take steps to protect yourself and others:

- Stay home and self-quarantine for 14, 10, or 7 days depending on your circumstances. See [here](#) for more quarantine guidance
- Stay away from people you live with – use a separate room and bathroom, if possible
- Do not go to work, school, or other places outside your home
- Ask friends or family to bring groceries, medicines, or supplies
- If you need support or help call your healthcare provider, LHD, or **1-844-KYTRACE**
- Do not allow others into your home

