

# What to do if you're exposed to or have COVID-19.

## Exposed to COVID-19

**Wear a mask near people or in public for 10 full days.**



**Take precautions if you're going to be around people at high-risk of getting very sick from COVID-19.**

- Meet outside.
- Increase indoor ventilation.
- Physically distance if you can.



**Get tested 6 days after your last contact.**

**Test immediately if you get any COVID-19 symptoms:**



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

**You can develop symptoms up to 10 days after exposure.**

## Tested positive for COVID-19

**Stay home.**

Don't go to work and avoid public places until:

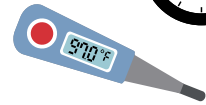
- 24 hours after fever is gone without using medicine.

**AND**

- Symptoms improve.

**AND**

- 5 full days after symptoms started or date tested if you don't have symptoms.



**Wear a mask near people for days 6–10.**

**If you live with others, set up a room where you won't be around people or pets.**

Use a separate bathroom if possible.

**Need a place to stay?** Healthcare and human services providers can refer patients for placement at (253) 649-1412."

**No healthcare provider? Contact our test-to-treat program.**

You can get treatment if you are at high risk of severe illness from COVID-19.

Call (360) 688-7044 or scan the QR code.



**Call your healthcare provider immediately if your symptoms get worse.**



**Call 911 if you have a medical emergency.**

Tell the dispatcher you have or may have COVID-19. Wear a face covering before emergency medical services arrive or you go to the emergency department.



**Participate in a public health interview.**

Health Department staff may call to review instructions and answer questions.

**Learn more and stay updated at [tpchd.org/coronavirus](https://tpchd.org/coronavirus).**