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.**

**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.

**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.

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

- **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.**

**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.