

# COVID-19 and "Close Contact"

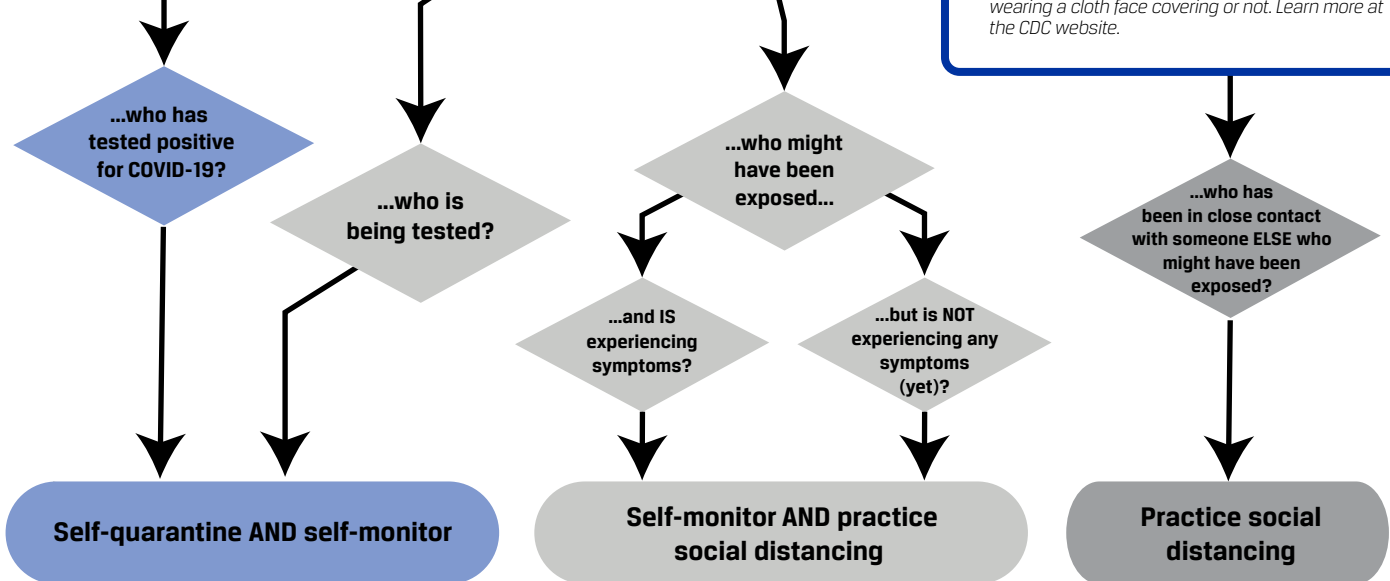
## What should I do if...

I've been in close contact\* with someone...

### \*What counts as "close contact?"

- A cumulative 15 minutes less than 6 feet apart over the course of 24 hours (This includes even numerous brief interactions, if they add up to 15 minutes over the course of the day.)
- You had **DIRECT PHYSICAL CONTACT** with the person (e.g., kissing, hugging), or
- You **SHARED** eating or drinking utensils with them.

*The above definitions apply whether the people were wearing a cloth face covering or not. Learn more at the CDC website.*



## How do I...

### ...self-quarantine?

- **STAY HOME** for 14 days.
- **AVOID CONTACT** with other people.
- **DON'T SHARE** household items.

Learn more at [actx.edu/hr/covid19](http://actx.edu/hr/covid19)

### ...self-monitor?

- **BE ALERT** for symptoms of COVID-19, especially a dry cough or shortness of breath.
- **TAKE YOUR TEMPERATURE** every morning.
- **CALL** your doctor if you have trouble breathing or a fever (temperature of 100.4°F or 38°C).

### ...practice social distancing?

- **STAY HOME** when not doing essential activities such as work, school, grocery store, doctor.
- **DON'T** physically get close to people; try to stay at least 6 feet away.
- **DON'T** hug or shake hands.
- **AVOID** groups of people and frequently touched surfaces.

## And practice great hygiene!

**WASH** your hands frequently • **AVOID TOUCHING** your face • **WIPE DOWN** frequently touched surfaces regularly

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## What if I have symptoms?

Call your healthcare provider or visit the CDC website.



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