



# **What should I do if I might have been exposed? If I feel sick? Or have confirmed COVID-19?**

If you or someone in your home might have been exposed to COVID-19:

**Steps to take: Self-Monitor**

Be alert for symptoms. Watch for **fever, cough, or shortness of breath**.

- Take your temperature if symptoms develop.
- Practice social distancing. Maintain 6 feet of distance from others and stay out of crowded places.
- Stay at home as much as possible.

If you feel healthy but...

- Recently had close contact with a person with COVID-19, or
- Recently traveled from somewhere outside the U.S. or on a cruise ship or river boat

**Steps to take: Self-Quarantine**

- Check your temperature twice a day and watch for symptoms.
- Stay home for 14 days **and** self-monitor.
- If possible, stay away from people who are high-risk for getting very sick from COVID-19. That includes older adults and people of any age who have serious underlying medical conditions.

### If you:

- Have been diagnosed with COVID-19, or
- Are waiting for test results, or
- Have symptoms such as cough, fever, or shortness of breath

### Steps to take: Self-Isolate

- **Stay in a specific “sick room” or area** and away from other people or animals, including pets. If possible, use a separate bathroom.
- Get rest and stay hydrated
- Get medical care if symptoms worsen but call your provider first.

For more information on how to protect yourself & others, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html> or <https://floridahealthcovid19.gov/>

You can also call the Leon County call center at 850- 404-6300 option 1. The center is staffed Monday through Friday from 8 a.m. to 5 p.m.