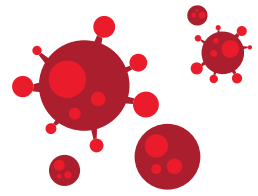




EXPOSURE: A HELPFUL GUIDE



WHAT TO DO IF...

YOU WERE EXPOSED TO A CLOSE CONTACT*, OR HAVE BEEN CONTACTED BY OFFICIALS THAT YOU WERE EXPOSED:



- Get tested, ideally 5 days after your last exposure
 - Visit fishers.in.us/HealthDepartment to schedule a test
- Begin quarantine. See *What is Quarantine?*
 - 14 days from exposure even if negative and/or wore a mask
 - Do not go to work, school, church, or other activities
 - Monitor your symptoms, if any

*Exposed means less than 6 ft. away for more than 15 minutes time. See *Who Is a Close Contact* for more information.

YOU HAVE A CONFIRMED CASE OF COVID-19:



- Begin isolation. See *What is Isolation?*
 - 10 days from onset of symptoms (or test date if asymptomatic) with improvement of symptoms and no fever for the last 24 hours
- Assist local and/or state health departments with contact tracing. See *What is Contact Tracing?*
- You do not need to re-test after isolation is complete

YOU HAVE SYMPTOMS, BUT HAVE NOT BEEN TESTED:



- Get tested - visit fishers.in.us/HealthDepartment to schedule a test
- Begin isolation. See *What is Isolation?*
- Call your doctor if you suspect an alternative illness or diagnosis
 - Discontinue isolation only with doctor's recommendation
- Remain in isolation for 10 days until improvement of symptoms and no fever for 24 hours

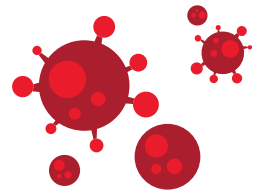
YOU HAVE BEEN IN CONTACT WITH SOMEONE WHO HAS BEEN EXPOSED:



- Monitor symptoms. If symptoms present, follow guidance under *You have symptoms, but have not been tested* section
- If preferred, schedule a test at fishers.in.us/HealthDepartment
- Continue use of masks when in public and when social distancing is not possible
- Continue practicing safe hygiene such as hand washing, or hand sanitizer when water and soap is unavailable



EXPOSURE: A HELPFUL GUIDE



KNOW THE TERMS...

WHAT IS CONTACT TRACING?

Both the Fishers Health Department and the Indiana Department of Health conduct contact tracing for COVID-19. You may receive calls and/or texts from both departments. It is important to participate in contact tracing to reduce the spread. Info for contact tracing is provided by the patient. Visit fishers.in.us/HealthDepartment for more information.

WHAT IS ISOLATION?

Isolation occurs when you are suspected of or confirmed to have an infection that could be spread to others, such as COVID-19. During isolation, you must stay at home and away from others including family to prevent further spread.

WHAT IS QUARANTINE?

Quarantine occurs when you have been exposed to an infectious disease, such as COVID-19. During quarantine, you should stay home and away from others to prevent exposing others. Quarantine is a proven method to stop the chain of transmission.

WHO IS CONSIDERED A CLOSE CONTACT?

A close contact is someone who has been within 6 feet for more than 15 minutes of a person with a confirmed COVID-19 status during their infectious period even if one or both of you wore a mask. The infectious period starts 48 hours before the person has symptoms or is tested (if no symptoms) and extends until the end of their isolation period. You may be notified by a friend, employer, school, or church, or you may be identified during the contact tracing process.

KEEP YOURSELF SAFE



WEAR A MASK
IN PUBLIC SPACES



WASH HANDS
FREQUENTLY
WITH SOAP
& WATER



MAINTAIN SOCIAL DISTANCING
AND AVOID LARGE GATHERINGS

