NORTH Dakota
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COVID-19 PANDEMIC

What should I do if I've been in close contact with someone ...

CLOSE CONTACT
- Spending prolonged periods in same room
- Direct physical contact - kissing, hugging
- Shared eating or drinking utensils
- Contact with respiratory secretions *(cough, sneeze on you)*

... who has tested positive for COVID-19?

... who is being tested?

... who might have been exposed ...

... who has been in close contact with someone ELSE who might have been exposed?

... and IS experiencing symptoms?

... but is NOT experiencing symptoms (yet)?

Self-quarantine AND self-monitor

Self-monitor AND practice physical distancing

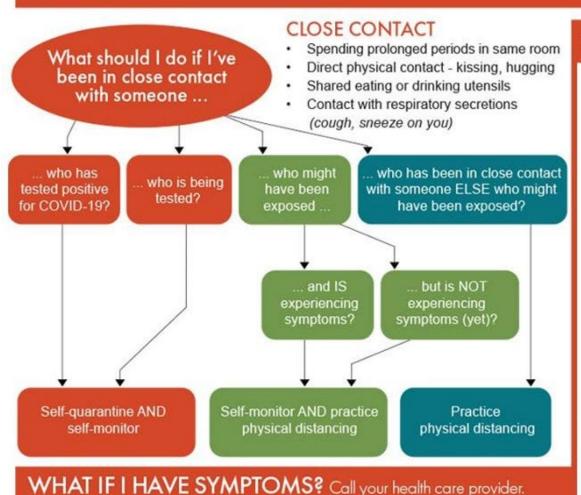Practice physical distancing

WHAT IF I HAVE SYMPTOMS? Call your health care provider.

HOW DO I ...

Self-Quarantine
- Stay home for 14 days.
- Avoid contact with other people.
- Don't share household items.

Self-Monitor
- Be alert for symptoms of COVID-19, especially a dry cough or shortness of breath.
- Take your temperature every morning and night and write it down.
- Call your doctor if you have trouble breathing or a fever (100.4°F/38°C).
- Don't seek medical treatment without calling first!

Practice Physical Distancing
- Stay home as much as possible.
- Don't physically get close to people.
- Try to stay 6 feet away.
- Don't hug or shake hands.
- Avoid groups of people.