



KNOW WHAT TO DO IF YOU'RE EXPOSED, OR TEST POSITIVE

While there are a lot of unknowns, COVID-19 is occurring here, in our backyards and *barrios*.

COVID-19 can be spread by people without symptoms. *Familia*, we can't wait for symptoms to change our behavior. If you have been exposed to someone with COVID-19, you need to change some of your habits and interactions immediately.

If Exposed: If you have been exposed to someone with COVID-19, you are at risk for developing and spreading the infection for 14 days after exposure. Exposure is often defined as contact within 6 feet of a person with COVID-19 for 15 minutes or providing care to someone who is sick with COVID-19.



Stay Home: Chances are you're already staying home most of the time. But if you have been exposed to someone with COVID-19, you really need to stay home for 14 days and do the following:

- Stay home in a specific room away from other people.
- DO NOT go to work, school, or public places.
- DO NOT get together with family or friends.
- Avoid sharing household items, like dishes, towels, or bedding with other people in your home.
- Clean and disinfect phones, tablets, keyboards, remote controls, counters, tables, doorknobs, and bathroom fixtures every day.
- Monitor twice daily for symptoms, such as fever (100.3 degrees or higher), chills, cough, difficulty breathing, fatigue, muscle or body aches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.
- If you need to go to an essential destination, wear your mask, maintain 6 feet distance from others, wash your hands regularly, and wash your hands and mask as soon as you return home.
- If being out of work while you stay home creates a hardship, some cities are providing financial assistance. To find resources near you, try this Google search: "[CITY/COUNTY] Health Department COVID-19 assistance resources."

When to Get Tested: Anyone who develops symptoms should get tested immediately. People who have been exposed to someone with COVID-19 but don't have any symptoms can consider testing, but should wait 8 days after the exposure, when the false negative rate is the lowest. If you test negative, continue staying home for 14 days. If you test positive, follow your healthcare provider's orders.

Contract Tracing: Most health departments do contract tracing, where public health workers call people who have tested positive for COVID-19 to identify potentially exposed individuals, and advise them to stay home and monitor symptoms. It is 100% confidential. Answer the call from your local health department.

A community acting together to slow the spread of COVID-19 is the place we want to call home. We are all in this together. *Latinos, juntos*, we can stop COVID-19!

