Important Information About COVID-19

PLEASE READ

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A message from the Fairfax County Health Department

Steps to Slow the SPREAD of COVID-19

COVID-19 is a respiratory illness that can spread from person to person.

Residents are encouraged to follow these instructions to prevent disease spreading to people in your home and community.

> **SYMPTOMS** can include **FEVER** (100.4°F/38°C or higher), **COUGH** or **TROUBLE BREATHING**.
> Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.
> **Not everyone needs to be tested for COVID-19.** Most people will have mild illness and be able to recover at home.*

If You Are Sick And Have Symptoms...

- **Stay home.** Avoid contact with others, do not share personal items, and use a separate bedroom and bathroom, if possible.
- **Monitor your health.** Seek medical attention immediately if you develop trouble breathing, pain or pressure in the chest, confusion, or bluish lips or face. Call ahead.
- **Wear a facemask** (or a bandana or scarf that covers your nose and mouth) when around other people.
- **Cover your coughs and sneezes** with a tissue or the inside of your elbow.
- **Wash your hands often** with soap and warm water for at least 20 seconds.
- **Clean and disinfect high-touch surfaces everyday.**
- **Do not leave home until fever-free for 72 hours** (without the help of medication) AND at least 7 days have passed since symptoms first appeared.
- **Inform close contacts.** Talk to everyone who has been within 6 feet for more than a few minutes while you were sick, including the 48 hours BEFORE you developed symptoms. Tell them to stay home for 14 days.

Older adults and people of any age with serious underlying medical conditions may be at higher risk for more serious complications from COVID-19. Seek care early.

If You Had Close Contact With Someone Who Is Sick...

- **Stay home for 14 days** since you last interacted with the ill individual. Avoid contact with others even though you may feel well. Do not share personal items, and use a separate bedroom and bathroom, if possible.
- **Wear a facemask** (or a bandana or scarf that covers your nose and mouth) when around other people.
- **Monitor for symptoms.** Take your temperature with a thermometer two times a day and watch for fever or cough.
- **Keep your distance from others** (at least 6 feet).
- **Cover your coughs and sneezes** with a tissue or the inside of your elbow.
- **Wash your hands often** with soap and warm water for at least 20 seconds.
- **Clean and disinfect high-touch surfaces everyday.**
- **If you become sick**, stay home, keep your distance from others, and inform close contacts you are sick. Follow the guidance under "if you are sick & have symptoms."
- **Inform close contacts.** Talk to everyone who has been within 6 feet for more than a few minutes while you were sick, including the 48 hours BEFORE you developed symptoms. Tell them to stay home for 14 days.

How to Identify and Talk to Your Close Contacts about COVID-19

If you have symptoms of COVID-19, it is important that you alert everyone who has been within 6 feet for more than a few minutes while you were sick. The steps below will help you identify and talk to your close contacts.

1. Document day, date, time your symptoms began: _____ (day) _____ (date) _____ (time)

2. List all people who were in your household since becoming sick: *(including the 48 hours BEFORE you developed symptoms)*

_____   _____   _____   _____

3. Inform your other close contacts: *(People who have been within 6 feet of you while you were sick, including the 48 hours BEFORE you developed symptoms)*

At work: _____ _____ _____ _____

In a car: _____ _____ _____ _____

In or near your home: _____ _____ _____ _____

In other places: _____ _____ _____ _____

Inform Your Close Contacts

Call your contacts and tell them you are sick. By sharing your information with others, you can slow the spread of illness.

Sample text:

"Hi. I am sick with symptoms of COVID-19 (the coronavirus infection). I'm calling you because when we met you may have been exposed. Most people who get sick are able to recover at home. The Health Department recommends that you do the following:"

- **Stay home for 14 days** since you last interacted with the ill individual. Avoid contact with others, do not share personal items, and use a separate bedroom and bathroom, if possible.

- **Monitor for symptoms.** Take your temperature with a thermometer two times a day and watch for fever (100.4°F/38°C or higher) or cough. Seek medical attention immediately if you develop trouble breathing, pain or pressure in the chest, confusion, or bluish lips or face. Call ahead.

- **Wear a facemask** (or a bandana or scarf that covers your nose and mouth) when around other people.

- **Keep your distance from others** (at least 6 feet).

- **Cover your coughs and sneezes** with a tissue or the inside of your elbow.

- **Wash your hands often** with soap and warm water for at least 20 seconds.

- **Clean and disinfect high-touch surfaces everyday.**

- **If you become sick, stay home and keep your distance from others.**

- **Inform others if you become sick.** Talk to everyone who has been within 6 feet for more than a few minutes while you were sick, including the 48 hours BEFORE you developed symptoms. Tell them to stay home for 14 days. If you get sick, call your doctor or healthcare provider and let them know you were exposed to someone with COVID-19 and now are ill.

If you have questions, call the Fairfax County Health Department information line at 703-267-3511.