

# WHAT TO DO IF YOU GET SICK



**COVID-19 SYMPTOMS** can include fever (100.0°F/37.8°C or higher), chills, cough, shortness of breath, fatigue, runny nose, congestion, muscle pain, headache, sore throat, new loss of taste or smell.

Illnesses can range from mild symptoms to severe illness and death. Be on the lookout for symptoms up to ten days after exposure. **Follow these instructions to prevent infecting your neighbors and loved ones.**

## IF YOU HAVE TESTED POSITIVE OR HAVE SYMPTOMS:



**Stay home and monitor your health.** Call ahead if you can but seek medical attention immediately if you develop trouble breathing, pain or pressure in the chest, confusion, or bluish lips or face. Avoid contact with others in your home, do not share personal items, and use a separate bedroom and bathroom, if possible. Clean and disinfect high-touch surfaces frequently.



**Wear a well fitting mask** such as a multilayer cloth mask with no gaps, a surgical mask under a cloth mask, a KN95 mask or similar.



**Get some fresh air** if it's safe to do so, open doors and windows as much as you can to bring in fresh, outdoor air. While it's better to open them wide, even having a window cracked open slightly can help. Consider using a portable air filter if you live with others and it is available.



**Cover your coughs and sneezes** inside of your elbow; if you use a tissue, discard the tissue, then wash your hands. Wash your hands often with soap and warm water for at least 20 seconds; if a sink is not available, use hand sanitizer with at least 60% alcohol.



**Tell your close contacts.** Reach out to anyone who has been within 6 feet of you for a total of 15 minutes or more over the course of 24 hours.

**Do not leave home** until at least 5 days have passed, symptoms are improving, and you have been fever-free without the help of medication for at least 24 hours. If you do leave the house after five days, wear a mask for five more 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 medical care early.

**For alerts, text ALEXCOVID19 to 888777**

**Alexandria COVID-19 Hotline: 703.746.4988, Mon.-Fri. 9am-6pm**



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# IDENTIFY & TALK TO YOUR CLOSE CONTACTS



If you have symptoms of COVID-19, it is important that you help keep your close contacts safe. Follow the steps below to identify close contacts and let them know what to do:

## 1. Document when your symptoms began:

Day: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

**2. Household close contacts:** List the people who live with you and have been within 6 feet of you for a total of 15 minutes or more over the course of 24 hours since 48 hours before you developed symptoms.

\_\_\_\_\_  
\_\_\_\_\_

**3. Other close contacts:** List the people who have been within 6 feet of you for a total of 15 minutes or more over the course of 24 hours since 48 hours before you developed symptoms.

### At work:

\_\_\_\_\_  
\_\_\_\_\_

### In a car:

\_\_\_\_\_  
\_\_\_\_\_

### Near your home:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### In other places:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 4. Inform Your Close Contacts

Contact the people listed above and tell them you are sick. By sharing your information with others, you can slow the spread of illness.

## Sample text:

*"I am sick with (or recently tested positive for) COVID-19 and you may have been exposed, so The Alexandria Health Department recommends that you do all of the following..."*

- 1. Get tested** 5 days after your last exposure to the sick person.
- 2. Wear a well-fitting mask** for 10 days when around others (public, home, and work or school and at social gatherings) after your most recent exposure to the sick person.
- 3. Monitor for symptoms** for 10 days and get tested if symptoms develop.
- If you are fully vaccinated and **eligible but haven't received a booster or you are unvaccinated**, you need to stay home for 5 days and follow the guidance in items 1-3 above.
- 5. If you are:**
  - Ages 5 or older and are up to date on COVID-19 vaccines, including a booster if eligible.
  - Any age and have recently recovered from COVID-19 (tested positive using a viral test) within the last 90 days.

You don't have to stay home but you still need to follow the guidance in items 1-3 above.

## 6. If you start feeling sick or test positive for COVID-19, stay home, and follow the current isolation guidance:

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek medical care immediately.
- Stay in a separate bedroom and use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Avoid contact with other people and pets.
- Don't share personal items, like cups, towels, or utensils.
- Wear a well-fitting mask when you need to be around other people.

