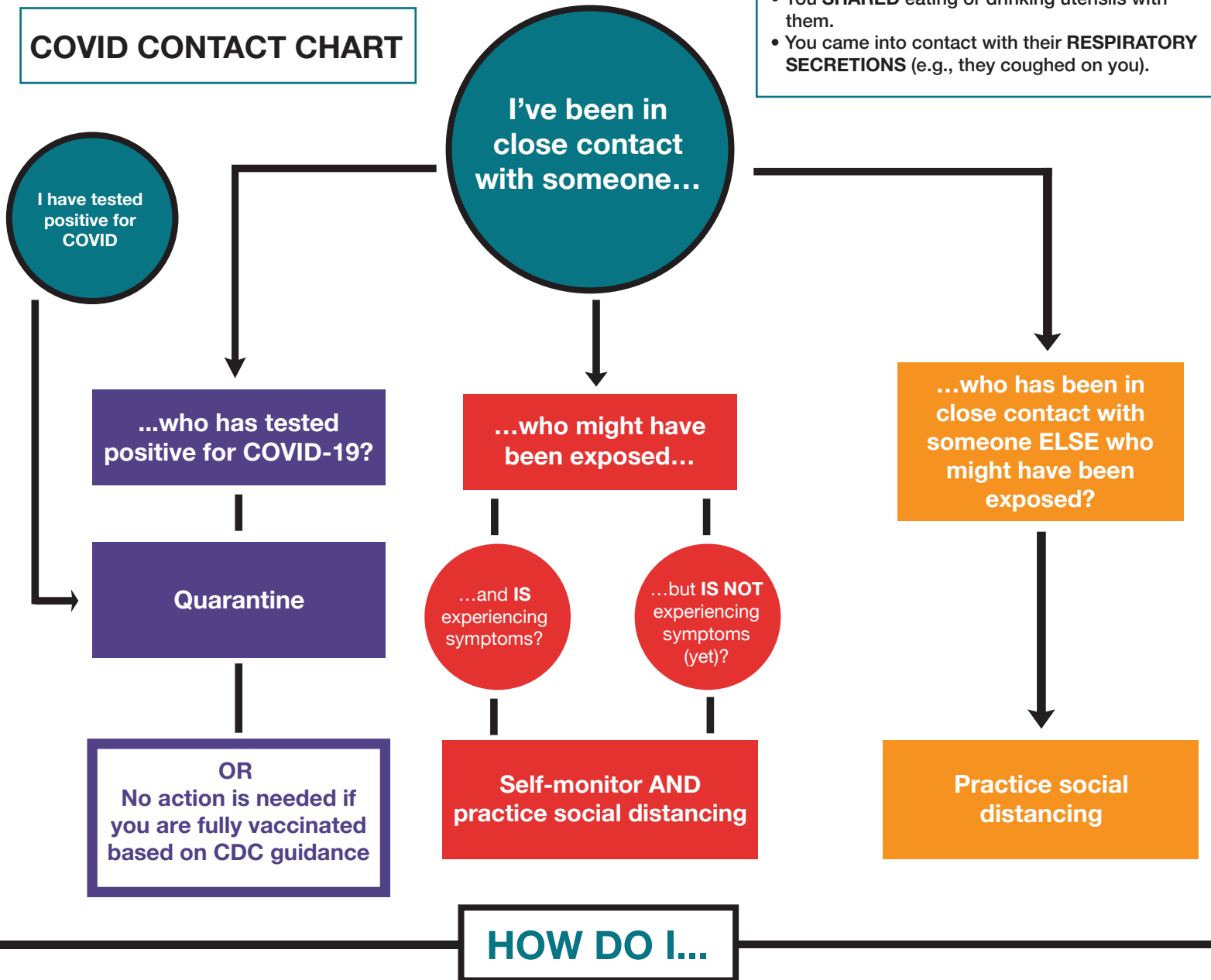


COVID CONTACT CHART

WHAT COUNTS AS "CLOSE CONTACT?"

- You spent at least 15 or more minutes in a small room with poor ventilation.
- You had **DIRECT PHYSICAL CONTACT** with the person (e.g., handshake, hugging).
- You **SHARED** eating or drinking utensils with them.
- You came into contact with their **RESPIRATORY SECRETIONS** (e.g., they coughed on you).



HOW DO I...

SELF QUARANTINE?

- **NOTIFY:** Your ministry or group leader
- **TESTING PROCEDURE:**
 - **NEGATIVE TEST ON DAY 5 FROM EXPOSURE:** Stay home for 7 days from exposure
 - **POSITIVE TEST:** Isolate for 10 days after onset of symptoms. May be released from isolation if symptoms have improved AND no fever is present without the use of medication for 24 hours.
 - **NO TEST with NO SYMPTOMS:** Stay home for 10 days from exposure.
- **DON'T SHARE** household items.
- **AVOID CONTACT** with other people.

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.

PRACTICE SOCIAL DISTANCING?

- **STAY HOME** as much as possible.
- **DON'T** physically get close to people; try to stay at least 6 feet away.
- **DON'T** hug or shake hands.
- **AVOID** groups of people and frequently touched surfaces.
- **WEAR A MASK**