WHAT TO DO IF I TEST POSITIVE FOR COVID-19 …

➤ **IMMEDIATELY ISOLATE AT HOME. DO NOT GO TO WORK, SCHOOL OR PUBLIC AREAS.**

➤ People who are in isolation should separate themselves from others living with them by staying in a specific "sick room" or area and using a separate bathroom if possible.

➤ You are required to stay home and away from others until you are cleared by the health department. You may call (417) 874-1211 if you have reached the end of your isolation period and have not yet been contacted.

➤ Make a list and notify anyone you may have had close contact with while infectious. You are infectious 48 hours before symptoms begin and close contact is being within 6 feet of someone for more than 15 minutes. Advise them to quarantine for 14 days and wait for a call from the health department. Be prepared to provide this information to the health department when they call.

➤ Isolation will end when:

- You have no fever for at least 24 hours without the use of medication

- Your symptoms have improved

- and you have been isolating for at least 10 days since your symptoms first appeared. If you have been asymptomatic, your 10 days starts on the day you were tested for COVID-19.

98.6°

10 DAYS

*All 3 of these criteria must be met to be released from isolation.

➤ **TAKE CARE OF YOURSELF.** Get rest and stay hydrated. Take over-the-counter medicines to help you feel better. If you have emergency warning signs such as trouble breathing, new confusion or pressure in the chest, seek emergency medical care immediately.

SPRINGFIELD-GREENE COUNTY HEALTH

Find more information or chat with us at: **health.springfieldmo.gov/coronavirus**

WHAT TO DO IF I AM EXPOSED TO SOMEONE WHO IS POSITIVE FOR COVID-19...

Close contact is being within 6 feet of someone for more than 15 minutes. Close contact is also any physical contact, regardless of the length of time spent together.

Masking is important in reducing the spread of COVID-19, but it is not a replacement for physical distancing. Even if you are masked while in close contact, you should still quarantine for 14 days if exposed to someone who tests positive.
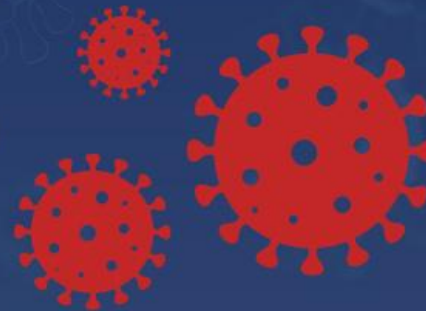
➤ **If you were in close contact to someone who tested positive, stay home for 14 days starting from the last time you were together. DO NOT GO TO WORK, SCHOOL OR PUBLIC AREAS. The Springfield-Greene County Health Department may contact you with further instructions.**

➤ **Monitor for symptoms, which could include:**
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

➤ **If no symptoms develop, you may resume regular activities after 14 days of quarantine.**

➤ **If symptoms develop, immediately contact the Health Department at (417) 874-1211 to coordinate testing. You will be asked to isolate until you are cleared by the Health Department.**

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WHAT TO DO IF I HAVE SYMPTOMS OF COVID-19 ...

SYMPTOMS COULD INCLUDE:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches

- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

➤ **Immediately isolate at home. Contact a health care provider to arrange for testing — utilize virtual care when possible and call ahead before visiting your doctor. If you don't have a physician, call (417) 874-1211 for testing options**

➤ **Separate yourself from other people and animals in your home.** If you need to be around other people or animals in or outside of the home, wear a mask.

➤ **Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines to help you feel better. If you have emergency warning signs such as trouble breathing, new confusion or pressure in the chest, seek emergency medical care immediately.**

➤ **Continue to isolate at home until you receive your test results. If you receive a positive test result, continue to isolate and wait for the health department to contact you with additional instructions.**

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