COVID-19 EXPOSURE

You are considered exposed to COVID-19 if you have been in close contact with someone confirmed to have COVID-19. Close contact is defined as within 6 feet of the person for at least 15 minutes.

ISOLATION & QUARANTINE TIMEFRAMES

IF YOU RETURN FROM A CRUISE OR FROM CHINA, IRAN, IRELAND, MALAYSIA, SOUTH KOREA, UNITED KINGDOM, OR ANYWHERE IN EUROPE:
Quarantine in your home for 14 days after your return and monitor yourself for symptoms (fever, cough, shortness of breath).

IF YOU WERE POTENTIALLY EXPOSED TO COVID-19 AND YOU ARE NOT ILL:
Quarantine in your home until 14 days after the date of exposure, or until the date public health or your health care provider tells you, and monitor yourself for symptoms (fever, cough, shortness of breath).

IF YOU ARE ILL WITH A FEVER, COUGH, OR SHORTNESS OF BREATH BUT HAVE NOT HAD A KNOWN EXPOSURE TO COVID-19:
- Contact your health care provider only if you are experiencing severe illness.
- Isolate in your home until you are better and one of the following has passed, whichever is longer:
  - 7 days after you first felt ill
  - 3 days after you no longer have a fever without the aid of fever-reducing medications

IF YOU WERE POTENTIALLY EXPOSED TO COVID-19 AND YOU ARE ILL:
- Contact your health care provider only if you are experiencing severe illness. There is no treatment, and most cases of COVID-19 are mild and do not require attention from a provider.
- Isolate in your home until you are better and one of the following has passed, whichever is longer:
  - 7 days after you first felt ill
  - 3 days after you no longer have a fever without the aid of fever-reducing medications