

Novel Coronavirus 2019 (COVID-19) Outbreak: Guidance for Social Distancing **

Due to your potential exposure to COVID-19, as much as possible:

- **Stay at home**, except to get essential medical care, as much as possible. Do not go to work or school and avoid public areas (e.g., shopping centers, movie theaters, stadiums, etc.) and public transportation, including rideshare and taxis.
- **Call ahead** before visiting your doctor and reschedule all non-essential medical appointments.
- **Separate** yourself from others in the home.
- **Cover** your coughs and sneezes.
- **Wash your hands** and avoid touching your eyes, nose, and mouth.
- **Avoid sharing household items** like dishes, cups, eating utensils, and bedding.
- **Postpone** long-distance travel as you may be unable to return if you become symptomatic.
- **Monitor your temperature & symptoms** for 14 days after you were exposed.
 - **Temperature monitoring:** Please take and record your temperature
 - **Symptom monitoring:** The following symptoms could be associated with 2019-nCoV disease: **fever, cough, sore throat, difficulty breathing or shortness of breath**, muscle aches, headache, abdominal discomfort, vomiting, or diarrhea.

If you develop fever or any of the symptoms listed:

- Stay home away from others until **72 hours** after your fever and symptoms of acute infection are gone.
- **Should you elect to seek healthcare please call ahead before going to your medical appointment**, be sure to tell your healthcare provider about your travel or your close contact with someone who is confirmed to have, or being evaluated for, COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected.