

Low Risk Exposure to COVID-19. Now What?



What is COVID-19?

COVID-19 (coronavirus disease 2019) is a respiratory disease that affects the lungs, and is spreading throughout the world. It can be spread from person-to-person through respiratory droplets that come from coughing or sneezing within a close distance (about six feet) from another person.

How was I exposed to COVID-19?

You may have been exposed to COVID-19 by being in the same indoor environment, like a classroom, grocery store, workplace, hospital waiting room, etc. for more than a few minutes with a person who had symptoms and tested positive for COVID-19.

What are the symptoms of COVID-19?

The main symptoms of COVID-19 include: fever, cough, and/or shortness of breath. These symptoms can range from mild to more severe, and in some cases, may require medical care. Some less common symptoms include: sore throat and abdominal discomfort. There are many illnesses that have these same symptoms, so even if you have them, you may not have COVID-19.

What should I do now?

At this time, you are considered to be at low risk for getting COVID-19, so you do not need to be tested. For now, you can practice social distancing by staying at least six feet away from others. You can also monitor yourself for symptoms by paying attention to how you are feeling and taking your temperature every day. If you develop COVID-19 symptoms, contact your healthcare provider to see if you need additional care or monitoring.

Continue to practice good hygiene by washing your hands and cleaning surfaces often. Please do not travel at this time. These recommendations will help to limit the spread of this virus.

What if I need immediate medical attention?

If you are ill and need medical attention immediately, call your healthcare provider and let them know that you are at low risk for COVID-19. They will give you further instructions for how to receive care. Do not go to your healthcare provider without calling first. If you develop life-threatening symptoms, call 911 and let them know that you are at low risk for COVID-19.

For more information on COVID-19, visit:

<http://www.daviscountyutah.gov/health/covid-19>