

# Potential Exposure to COVID-19. Now What?



COVID-19 is currently circulating in our community. Many families, worksites, schools, and healthcare facilities are being affected.

Take these steps to prevent the spread of COVID-19 in any setting:

- Maintain 6-foot physical distance from those not in your household
- Wear a mask
- Wash your hands often
- Stay home if you are sick



## How is COVID-19 spread?

The virus that causes COVID-19 most commonly spreads between people who are in close contact with one another (within about 6 feet, or 2 arm lengths). It spreads through respiratory droplets or small particles, such as those in aerosols, produced when an infected person coughs, sneezes, sings, talks, or breathes.

These particles can be inhaled into the nose, mouth, airways, and lungs and cause infection. This is thought to be the main way the virus spreads.

Droplets can also land on surfaces and objects and be transferred by touch. A person may get COVID-19 by touching the surface or object that has the virus on it and then touching their own mouth, nose, or eyes. Spread from touching surfaces is not thought to be the main way the virus spreads.

There is some evidence that droplets and airborne particles can remain suspended in the air and be breathed in by others, and travel distances beyond 6 feet (for example, during choir practice, in restaurants, or in fitness classes). In general, indoor environments without good ventilation increase this risk.



A person can spread COVID-19 up to 48 hours before showing any symptoms, or being sick.

## What factors increase the risk of exposure?

These are things we know increase the risk of exposure to COVID-19:

**Proximity.** This means how close someone was to the person who has COVID-19. The closer you are, the more chance there is for exposure.

**Duration of exposure.** This means how long you were around the person who has COVID-19. The more time you spend with a person who is infectious, the more chance there is for exposure, even including multiple brief encounters.

**Symptoms.** People are most infectious and can spread the virus to others more easily around the time their symptoms begin.

**Respiratory aerosols.** If the person who has COVID-19 is coughing, singing, shouting, or doing other things that make it easier for respiratory droplets to spread, the chance of exposure increases.

**Environmental factors.** Things like crowded spaces, poor ventilation, and if the exposure occurred indoors can increase the chance of exposure.

## How do I know if I need to quarantine?

You will be notified by the Davis County Health Department or by the person who tested positive themselves if you were in close contact with a confirmed case. Close contacts of cases, who have been exposed to the virus and are at risk for getting COVID-19, will be required to quarantine for 10 days. A 14-day quarantine is still the best way to protect people from COVID-19, though no longer required.

You may have been exposed to the virus if you came in close contact with someone who has COVID-19. Being closer than 6 feet to a person for 15 minutes or longer in a 24-hour period counts as close contact.



For 15 Minutes

## What are the symptoms of COVID-19?

Some common symptoms of COVID-19 include:



**Fever**

(temperature of 100.4°F or 38°C or higher)



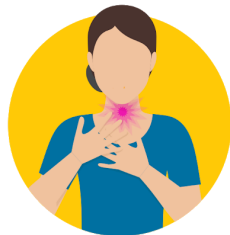
**Cough**



**Difficulty breathing**



**Decrease in sense of smell or taste**



**Sore Throat**



**Muscle aches & pains**

Get tested right away if you have any of these indicated symptoms. Other common COVID-19 symptoms include: congestion or runny nose, nausea or vomiting, diarrhea, fatigue, and headache. Symptoms can range from mild to more severe, and in some cases, may require medical care.

## **What should I do if I think I was exposed?**

If you think you may have been exposed to COVID-19, but have not experienced any symptoms, you will likely not need to be tested. Practice physical distancing by staying at least six feet away from others. Wear a face covering when out in public. You can also monitor yourself for symptoms by paying attention to how you are feeling and taking your temperature every day.

If you develop any of the COVID-19 symptoms, you should get tested for COVID-19 right away. You can find a testing location at [coronavirus.utah.gov/testing-locations](https://coronavirus.utah.gov/testing-locations) or contact your healthcare provider.

While you wait for test results, stay home and away from others in your household to help limit the spread of the virus. Continue to practice good hygiene by washing your hands and cleaning high-touch surfaces often. Do not travel. The health department or your healthcare provider will provide more direction based on your test result.

## **What if I need immediate medical attention?**

If you are ill and need medical attention immediately, call your healthcare provider and let them know if you have any symptoms of 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 may have been exposed to COVID-19.

## **For more information on COVID-19, visit:**

[daviscountyutah.gov/coronavirus](https://daviscountyutah.gov/coronavirus)

[coronavirusutah.gov](https://coronavirusutah.gov)

[cdc.gov/COVID19](https://cdc.gov/COVID19)