



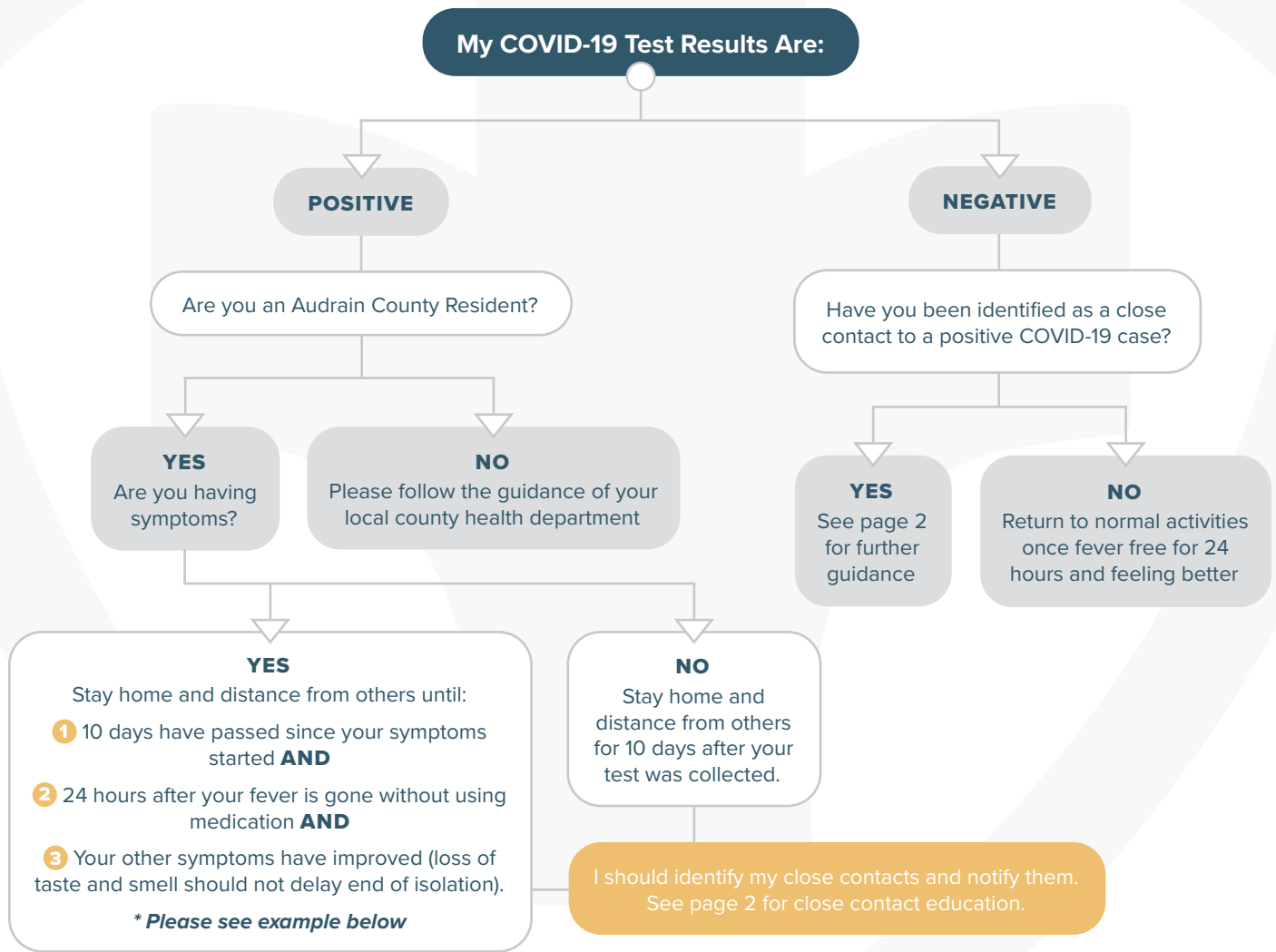
### While Waiting For Your COVID-19 Test Results:

- 1 Stay home and distance from others.
- 2 Don't go to work, school, or visit with others outside your home.

! The Audrain County Health Department has implemented limited investigations for all positive COVID-19 cases. You may or may not be contacted by the Health Department. Please follow these recommendations to keep yourself and others safe.

! Please contact your physician if you begin to experience any worsening symptoms. If you develop shortness of breath or difficulty breathing you should seek immediate medical attention.

### My COVID-19 Test Results Are:



### HOW LONG DO I HAVE TO STAY HOME? (FILL IN THE BLANKS)

Date I first felt sick:	Date 10 days later:	My fever was gone on:	Date 24 hours after last fever:	My other symptoms got better on*:	Circle the latest date. Stay home until:
i.e. 9/10	i.e. 9/20	i.e. 9/15	i.e. 9/16	i.e. 9/21	i.e. 9/21



## Who Should I Identify As a Close Contact?

Starting 48 hours before symptom onset or, in the absence of symptoms, 48 hours before the test was collected:

- Someone who was within 6 feet of me for a total of 15 minutes or more, regardless of cloth face covering.
- Someone who had higher risk of exposure such as someone I kissed, shared eating utensils with, and/or sneezed or coughed on.

### I have identified my close contacts. I should advise them to:

- 1 Stay home and distance from others for 14 days from last date of close contact.
- 2 Don't go to work, school, or visit with others outside your home.

#### THEY ARE HAVING SYMPTOMS

#### THEY ARE NOT HAVING SYMPTOMS

##### HAS TESTED POSITIVE

Please follow the guidance on page 1.

##### HAS TESTED NEGATIVE

Continue to stay home and distance from others for 14 days from last date of close contact.

Stay home and distance from others for 14 days from last date of close contact. If they become ill, they should reach out to their primary care physician or local urgent care.

### CHILDREN STAYING IN HOME WITH SICK PARENT OR CAREGIVER

If a child needs to stay in the home with you (the parent or caregiver who is sick):

- Both you and the child should wear a mask while in the same room.
- Note that masks should not be placed on:
  - Children younger than 2 years old
  - Anyone who has trouble breathing or is unconscious
  - Anyone who is incapacitated or otherwise unable to remove the mask without assistance
- Wash your hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer containing at least 60% alcohol and rub your hands together until they are dry.
- Try to stay 6 feet away from the child, if possible and if safe.
- Increase ventilation by opening a window in a room that you are in.
- Disinfect any items that you need to bring to the child.
- Do not disinfect food that you bring to the child.
- Watch for symptoms:
  - Check the child's temperature twice a day and watch for symptoms of COVID-19, such as fever, cough or shortness of breath, or symptoms specific to children.\*
  - If the child develops symptoms, call the child's healthcare provider for medical advice and follow the steps for caring for someone who is sick.
- If possible, the child should stay away from people who are at higher-risk for getting very sick from COVID-19.

\* Resource: Center for Disease Control and Prevention at [www.cdc.org](http://www.cdc.org)

Please visit [audraincountyhealth.org](http://audraincountyhealth.org) for additional information