Help stop the coronavirus

Other countries proved we could stop the coronavirus spread by (1) using contact tracing to identify everyone infected or exposed and (2) isolating them from everyone else.

If you have symptoms (see graph), please follow the instructions below to do your part. It can save lives and get healthy people back to work! Thank you.
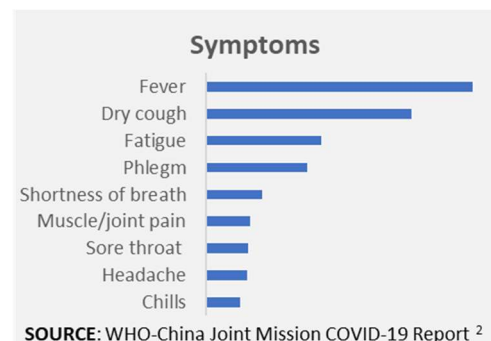

Person with Symptoms

If you have COVID-19 symptoms:
1. Call doctor immediately
   - Confirm symptoms
   - Schedule test
   - Quarantine (+ family, roommates)
     Do NOT leave home for <u>any</u> reason, until doctor approves
   - Place a large, removable 'S' on your front door

Symptoms

Fever
Dry cough
Fatigue
Phlegm
Shortness of breath
Muscle/joint pain
Sore throat
Headache
Chills

SOURCE: WHO-China Joint Mission COVID-19 Report [2]

2. Post on all your social media platforms that you may have the disease

3. List all people you were near (within 6 feet) and places visited in last 2 weeks

4. Call each person:
   - Tell them exposed
   - Tell them to self-quarantine (+ their family or roommates)
     Do NOT leave home for <u>any</u> reason
   - Provide them 'Person Exposed' instructions

5. Notify businesses: call or via their website

6. Create a support network
   - Family & friends, neighbors, faith-based or government resources
   - Regular check-in
   - Food & supplies ➔ cautiously (on ground outside, wear mask/gloves)
   - Circle the 'S' on front door, so others know you have support

7. Share test results (good or bad) on social media and by calling your list (#3)

Testing NOT available:

- Complete steps #1 to #6 until doctor clears you, **OR** 3 days after symptoms end and you are fever-free (without medicine)
- Then inform friends when you end quarantine