

HERE'S WHAT TO DO IF YOU THINK YOU MIGHT HAVE COVID-19 OR KNOW YOU'VE BEEN EXPOSED

Stay home.

If you're not feeling well, stay home, even if you have mild symptoms. If you were in contact with someone who's sick, stay home while you watch for symptoms.



WHILE YOU STAY HOME

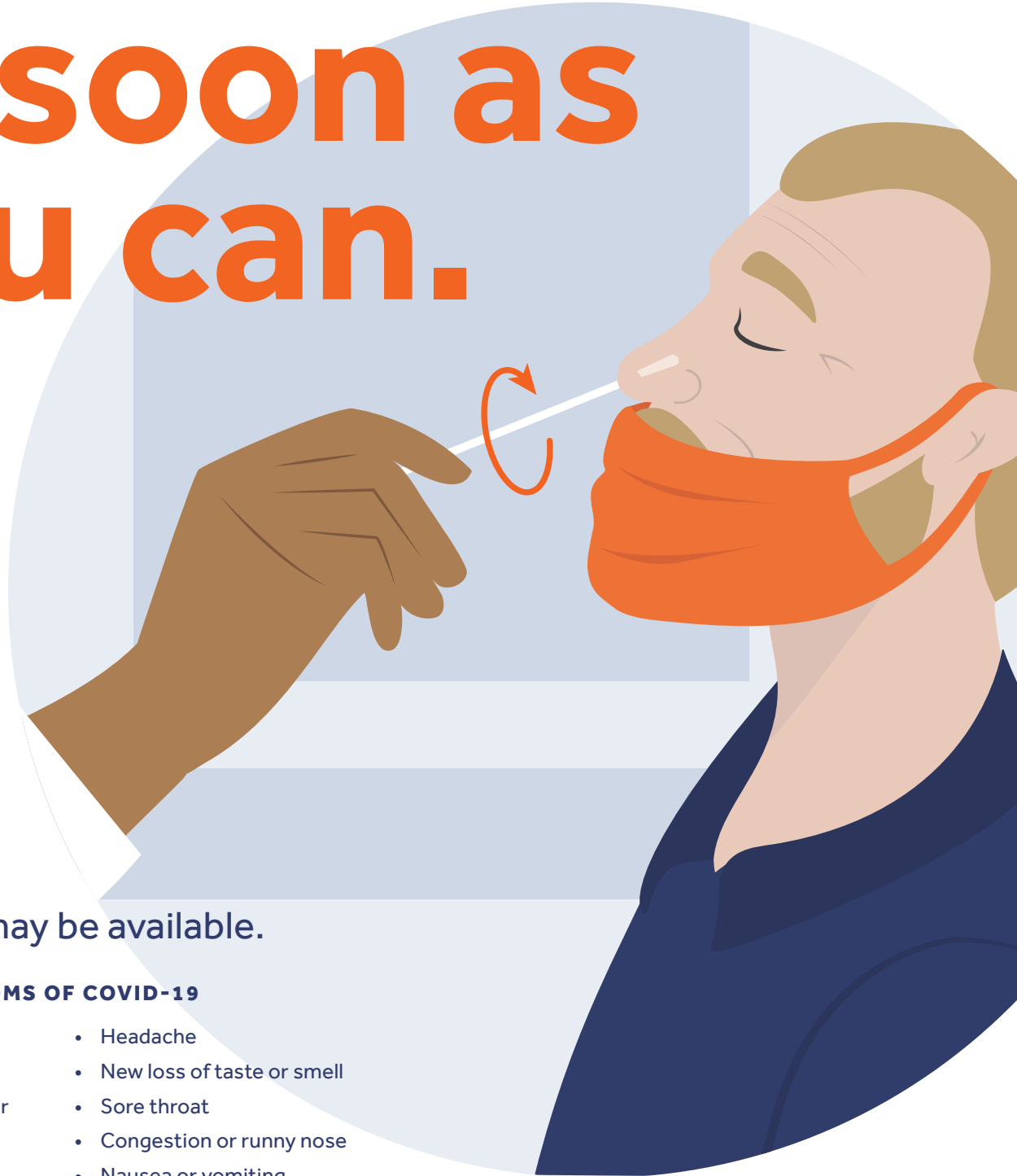
- Try to stay away from other family members and pets.
- If you can, stay in a separate room and use a separate bathroom and personal items.
- Wash your hands and clean surfaces frequently.
- Don't have outside contacts.
- Don't go to work or school outside the home.
- Help may be available to get groceries or supplies.

YOU CAN HELP STOP THE SPREAD OF COVID-19.

Learn more at www.doh.wa.gov/coronavirus

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Get tested as soon as you can.



Free testing may be available.

KNOW THE SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

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Respond quickly.



A contact tracing interviewer will ask about people you've been in close contact with.

THE INTERVIEWER WILL

- Keep your information confidential.
- Help you understand what to do next and where to find resources.
- Keep your information private from your contacts, even if they ask.
- Never ask for your social security number, immigration status, or banking information.



Then your contacts can get tested and learn what to do to protect themselves and others.

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