

If you were exposed to COVID-19:

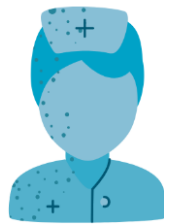
■ If your Local Health Department (LHD) calls you, tell them:

- Basic information about you
- Where you have been (work, school, church, etc.)
- Your medical history
- If you have COVID-19 symptoms and when they began
- If you need help



■ If you develop any of these symptoms, get tested:

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



■ Take steps to protect yourself and others:

- Stay home for 14 days
- Stay away from people you live with – use a separate room and bathroom, if possible
- Do not go to work or school
- Ask friends or family to bring groceries, medicines, or supplies
- If you need support or help call your healthcare provider, LHD, or **1-844-KYTRACE**
- If needed, ask your LHD for a letter to document your quarantine, isolation, or return to work

