



NOVEL CORONAVIRUS

[COVID-19] infection

Prevention Steps for Close Contacts

If you have had close contact with someone who is confirmed to have, or being evaluated for, novel coronavirus (COVID-19) infection, you should:

- Monitor your health starting from the day you first had close contact with the person or traveled to a country under a level 3 advisory or other area affected by COVID-19. Continue for 14 days after you last had close contact with the person or traveled to a country under a level 3 advisory or other area affected by COVID-19. **Watch for these signs and symptoms:**
 - o **Fever.** Take your temperature twice a day.
 - o **Coughing.**
 - o **Shortness of breath** or difficulty breathing.
 - o Other early symptoms to watch for are **chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.**
- If you develop fever or any of these symptoms, call your healthcare provider right away. Please call ahead so the provider can take appropriate precautions to prevent the spread of infection. Tell the provider your symptoms and that you recently traveled to a country under a level 3 advisory or had close contact with someone suspected of having COVID-19.

SYMPTOMS



COUGH



HEADACHE



RUNNY NOSE



FEVER



CHILLS



SORE THROAT



SHORTNESS OF BREATH



DIARRHEA



VOMITING



20 SECONDS



PROTECT YOURSELF FROM RESPIRATORY INFECTIONS

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.



Indiana State Department of Health

Healthcare providers and public health officials are encouraged to visit the ISDH novel coronavirus webpage at <https://in.gov/coronavirus> for updated news and guidance on this outbreak.

Updated: 3/16/2020