

# Potential Exposure to COVID-19. Now What?



## What is COVID-19?

COVID-19 (coronavirus disease 2019) is a respiratory disease that affects the lungs, and is spreading throughout the world.

## How is COVID-19 spread?

COVID-19 can be spread by being in the same indoor environment, like an airplane, classroom, grocery store, workplace, hospital waiting room, etc. for a prolonged period of time with someone who was infected with the virus that causes COVID-19. It can be spread from person-to-person through respiratory droplets that come from coughing or sneezing within a close distance (about six feet) from another person.

## What are the symptoms of COVID-19?

Some common symptoms of COVID-19 include: fever, cough, shortness of breath, sore throat, muscle aches and pains, and/or decrease in your sense of smell or taste. These symptoms can range from mild to more severe, and in some cases, may require medical care. There are many illnesses that have these same symptoms, so even if you have them, you may not have COVID-19.

## What should I do?

If you think you may have been exposed to COVID-19, but have not experienced any symptoms, you will likely not need to be tested. Practice social distancing by staying at least six feet away from others. Wear a face covering when out in public whenever possible, especially when unable to maintain six feet of distance from others. You can also monitor yourself for symptoms by paying attention to how you are feeling and taking your temperature every day.

If you develop any of the COVID-19 symptoms, you should get tested for COVID-19 right away. You can find a testing location at [coronavirus.utah.gov/testing-locations](https://coronavirus.utah.gov/testing-locations) or contact your healthcare provider.

In the meantime, stay home and away from others in your household to help limit the spread of the virus. Continue to practice good hygiene by washing your hands and cleaning high-touch surfaces often. Please do not travel at this time. The health department or your healthcare provider will provide more direction based on your test result.

## **What if I need immediate medical attention?**

If you are ill and need medical attention immediately, call your healthcare provider and let them know if you have any symptoms of COVID-19. They will give you further instructions for how to receive care. Do not go to your healthcare provider without calling first. If you develop life-threatening symptoms, call 911 and let them know that you may have been exposed to COVID-19.

## **For more information on COVID-19, visit:**

[www.daviscountyutah.gov/coronavirus](https://www.daviscountyutah.gov/coronavirus)