

# Instructions for Individuals with Low-Risk Exposure to COVID-19

The Wisconsin Department of Health Services and your local health department have determined you are at low risk of having been exposed to 2019 novel coronavirus (COVID-19). This decision was made either because you traveled to an area affected by COVID-19 or you had contact with someone who was infected.

To protect yourself, your family, and your community, minimize your contact with others and remain alert for fever, cough, or difficulty breathing.

## Minimizing Contact

If you don't have any symptoms during this timeframe, self-quarantine (separation of yourself from others) **is not requested by public health at this time**. However, your local health department may suggest measures to protect the health of your family and the community in the event that you become sick with COVID-19. These measures can include:



**Avoiding large gatherings.** If you have questions, contact your local health department.



**Avoiding long-distance travel.** If you travel and become ill, you may not be able to return home.



**Washing your hands often** and practice good hygiene.

## If you develop fever, cough, or difficulty breathing:

1. Contact your local health department. If you require medical assistance, your local health department will direct you on how to get to a doctor if an ambulance is not required. **Do not** use public transportation, ride-sharing, or taxis.
2. If possible, wear a facemask if you need to be around other people. Cover your mouth and nose with a tissue when you cough and sneeze.

**If you need emergency medical attention any time during the monitoring period, call 911 and let them know that you are being monitored for novel coronavirus.**

