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.