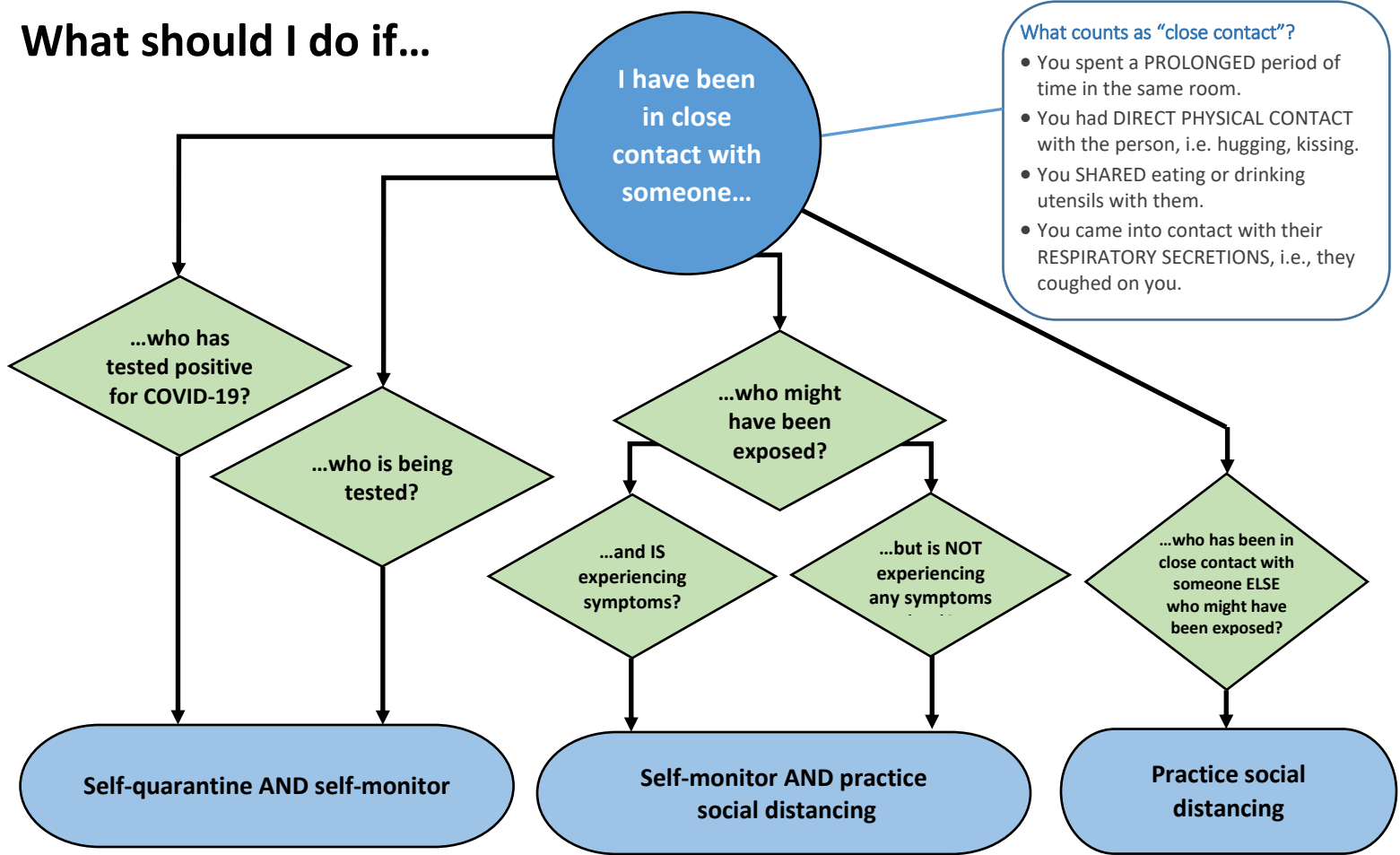


What should I do if...



What counts as "close contact"?

- You spent a **PROLONGED** period of time in the same room.
- You had **DIRECT PHYSICAL CONTACT** with the person, i.e. hugging, kissing.
- You **SHARED** eating or drinking utensils with them.
- You came into contact with their **RESPIRATORY SECRETIONS**, i.e., they coughed on you.

How do I...

<p>...self-quarantine?</p> <p>STAY HOME for 14 days. AVOID CONTACT with other people. DO NOT SHARE household items.</p>	<p>...self-monitor?</p> <p>BE ALERT for symptoms of COVID-19, especially a dry cough or shortness of breath.</p> <p>TAKE YOUR TEMPERATURE every morning and night, and write it down.</p> <p>CALL your doctor if you have trouble breathing or a fever (temperature of at least 100.0°F or 37.8°C).</p> <p>DO NOT seek medical treatment without calling first!</p>	<p>...practice social distancing?</p> <p>STAY HOME as much as possible.</p> <p>DO NOT physically get close to people; try to stay at least 6 feet away.</p> <p>DO NOT hug or shake hands.</p> <p>AVOID groups of people and frequently touched surfaces.</p>
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And practice great hygiene!

WASH your hands frequently • **AVOID TOUCHING** your face • **WIPE DOWN** frequently touched surfaces regularly

Learn more at www.exeterhospital.com • www.corephysicians.org

What if I have symptoms?

If you experience symptoms, such as fever, dry cough, or difficulty breathing, call your Core Primary Care Physician at 603-580-7700.