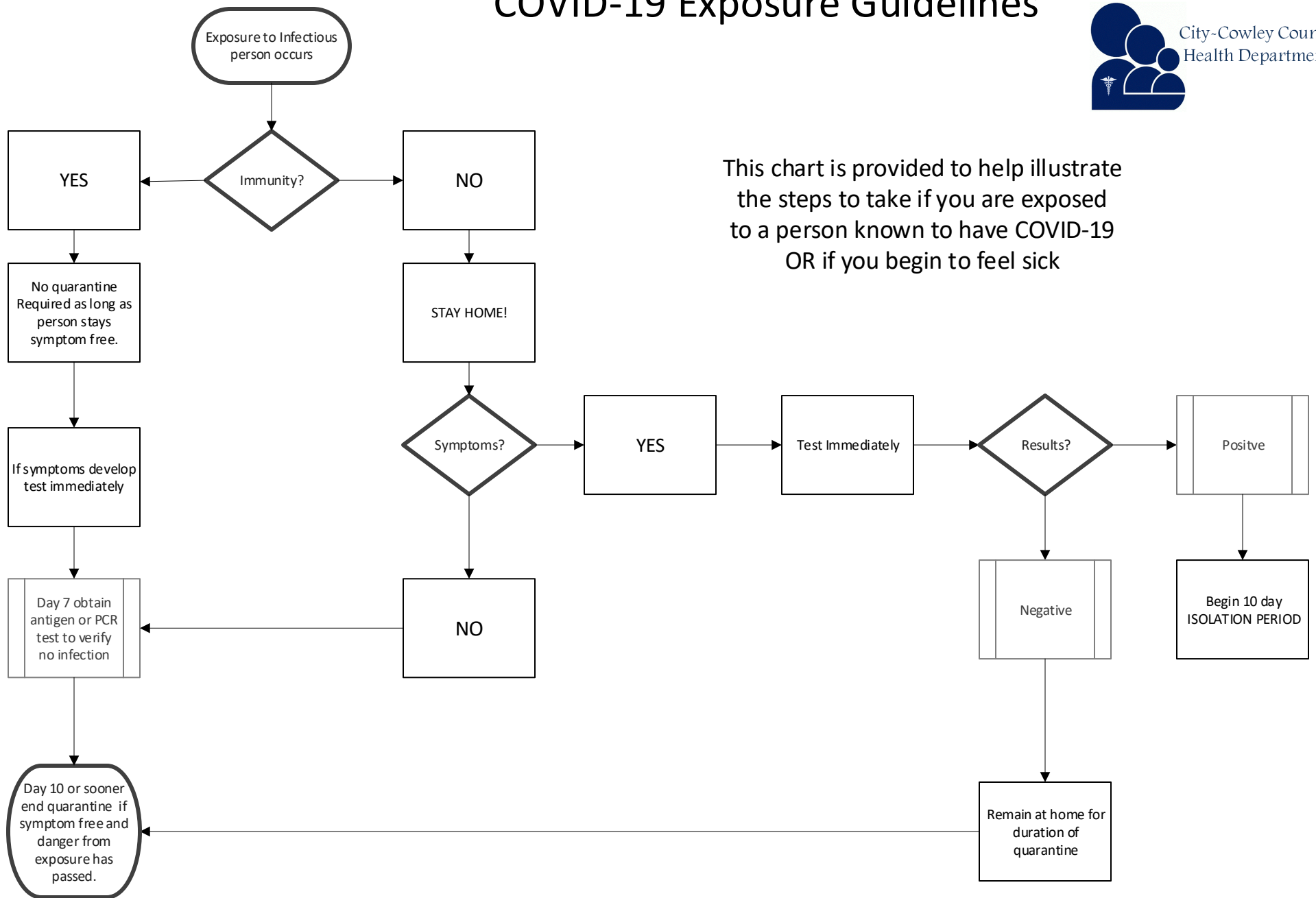


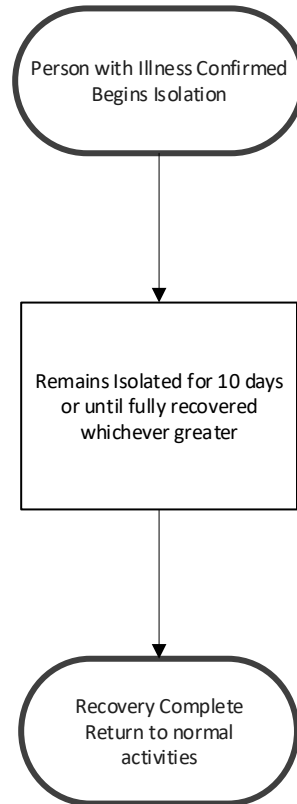
COVID-19 Exposure Guidelines



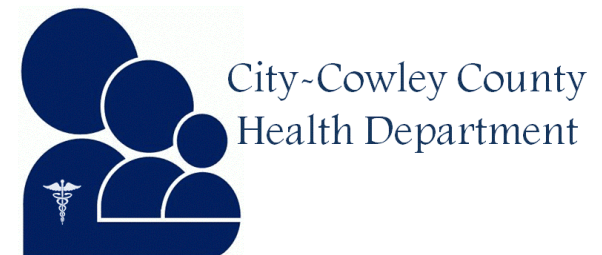
This chart is provided to help illustrate the steps to take if you are exposed to a person known to have COVID-19 OR if you begin to feel sick



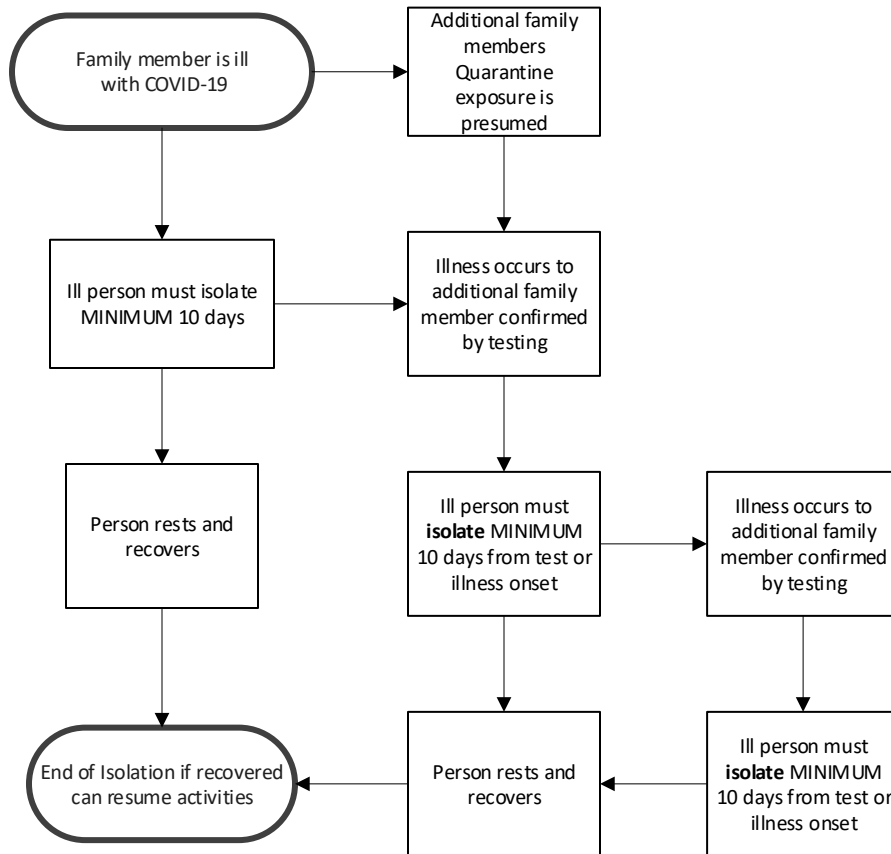
ISOLATION GUIDELINES



- When illness is confirmed you must ISOLATE
- Isolation must eliminate exposure to all others
- It may take longer than 10 days to fully recover from the illness and the return to normal activities will be based upon individual health status but will NEVER be less than 10 days.
- Any person exposed to a person with confirmed illness will need to quarantine



Family quarantine – Isolation process



- Family or group exposures are the highest risk and will likely result in modified quarantine and isolation times.
- People in the home will likely be exposed and take ill at different intervals.
- The infectious period will recur in these settings.
- Those who take ill later in the quarantine period will serve longer periods of time separated from activities such as school or work.
- It is required that you contact the Health Department for specific guidance on your situation as each family dynamic can be different.



City-Cowley County
Health Department