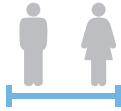# 2 questions to ask

TO KNOW WHAT TO DO IF YOU'VE BEEN EXPOSED TO COVID-19.

1

MASKED OR UNMASKED

Were you less than 6 feet apart from this person for 15 minutes or more recently?

2

Have you recovered from COVID-19 within the past 3 months?

If you are currently ill with COVID-19, complete isolation according to Health Department's recommendations.
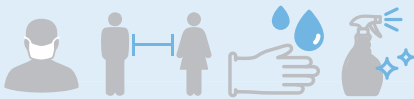
COVID-19 +

YES

NO

YES

NO

Business as usual!

Continue to practice illness prevention:

- Wear a mask in public
- Stay 6 feet from others
- Wash your hands frequently
- Avoid touching your face with unwashed hands
- Disinfect frequently touched surfaces
- Stay home when sick

Make a Quarantine Calendar

14 DAY QUARANTINE

S	M	T	W	T	F	S
2	3	4	5	6		
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

LAST SAW COVID-19 + PERSON

TEST DAY 10 if not ill

LAST DAY OF QUARANTINE if you weren't sick

Step 1.
Mark the day you were last in contact with the COVID-19 postive person.

Step 2.
Count forward 14 days. These are the dates of your quarantine.

Step 3.
If you aren't ill, mark day 10. This is the day you should get tested for COVID-19.

You must do these 2 things:

✓ **Quarantine 14 DAYS**

✚

✓ **Get Tested at the correct time!**

Are you FEELING ILL?

NO

YES

GET TESTED NOW.

GET TESTED DAY 10 OF QUARANTINE.

GWINNETT · ROCKDALE · NEWTON
COUNTY HEALTH DEPARTMENTS

2020-07-28