

# COVID-19 EXPOSURE

Information for People who have been Exposed to COVID-19



HEALTH Department

updated March 24, 2020

If you have been exposed to someone with COVID-19, you will be required to stay at home for 14 days. During this time, someone from the Health Department may check in with you daily to see if you develop symptoms. If you do develop symptoms of COVID-19 infection, let the Health Department know.

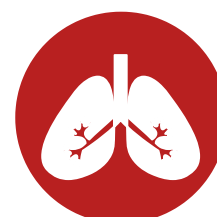
## KNOW THE SYMPTOMS OF COVID-19



Fever



Dry Cough

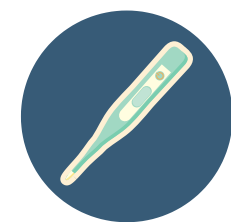


Shortness of Breath

Some people may also have other symptoms, such as headache, abdominal discomfort, or muscle aches. It can take up to 14 days to develop symptoms after being exposed to someone with COVID-19.

## WHAT DO I NEED TO DO?

- **You must stay at home for 14 days!** Do not go to work, school, church, stores, or anywhere there are people other than your household members.
- Take your temperature every morning and every evening.
  - If you forgot to take your temperature, take it as soon as you remember.
  - If you are taking medication that can lower your temperature (e.g. Tylenol® (acetaminophen), aspirin, Motrin® (Ibuprofen) or Aleve® (naproxen), take your temperature before taking your next dose of these medications.
- If you have a medical emergency during your monitoring period and call 911, before making other notification, please tell them that you are currently being monitored by the local Health Department.
- Health Department staff may check in with you to see how you are doing once per day.



## WHAT ELSE DO I NEED TO KNOW?

**DO NOT go to a clinic or hospital without first calling ahead.** Tell your doctor or hospital that you are being monitored by the Allegan County Health Department.

For questions or assistance, call the Health Department hotline at **269-686-4546** or email **covid-19@allegancounty.org**. You can also call the Michigan Hotline at **1-888-535-6136** or email **covid19@michigan.gov**.

### FOR MORE INFORMATION:

Visit [www.michigan.gov/coronavirus](http://www.michigan.gov/coronavirus)  
OR [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)