



# COVID-19 From Exposure to Feeling Better

## If you were exposed to COVID-19...



1. Stay home.
2. Watch for symptoms.



- Fever
- Cough
- Shortness of breath
- Chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell

Symptoms appear **2 to 14 days** after exposure.



## If you have COVID-19 or COVID-19 symptoms...



1. Stay home.



2. Don't go to work or visit with others outside your home.



3. Call your doctor if you have symptoms, especially if you are over 65, have other health conditions, or are pregnant.

### Stay in isolation until...

1. **Three days** after your fever is gone without using medicine.

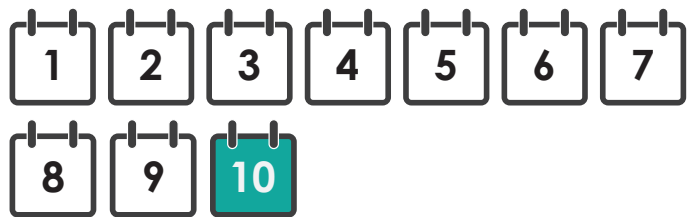


**AND**

2. **Your other symptoms have improved** (for example, cough or shortness of breath).

**AND**

3. **Ten days** after your symptoms started.



### How long do I have to stay home? (Fill in the blanks)

Date I first felt sick:	Date 10 days later:	My fever was gone on:	Date 3 days later:	My other symptoms got better on:	Circle the latest date. Stay home until:
<b>EXAMPLE</b> April 10	April 20	<b>EXAMPLE</b> April 15	April 18	<b>EXAMPLE</b> April 21	<b>EXAMPLE</b> April 21

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For more information, call your provider; the KDHE COVID hotline at 866-534-3463; or visit [www.kdhe.gov](http://www.kdhe.gov)

