

Guidance for persons who have had close contact with a COVID-19 case

If you have had contact with someone who has 2019 novel coronavirus (COVID-19), you may have been exposed to COVID-19.

For your safety and the safety of others, DHEC recommends that you practice social distancing (avoiding others) and do the following:

1. Limit your contact with others



- Stay home and avoid contact with others.
 - Do not go to work or school.
 - Discuss your work situation with your employer before returning to work.
- Do not take public transportation, taxis, or ride-shares while practicing social distancing.
- Avoid crowded places (such as shopping centers and movie theater) and limit your activities in public.
- Keep your distance from others (about 6 feet).
- DHEC recommends doing these activities for at least 14 days after your last exposure to the person with COVID-19. If you live with someone who has COVID-19, it's recommended that you do these activities for 7 days after the person with COVID-19 is no longer isolating themselves.

2. Monitor for symptoms and practice good hygiene



- Watch for fever, cough, or trouble breathing.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean your hands often by washing them with soap and water for at least 20 seconds or by using an alcohol-based hand sanitizer that contains 60 to 95% alcohol.

If you begin to feel ill with **fever, cough, or shortness of breath**:

- Immediately self-isolate and avoid contact with others.
- Seek medical care, if needed.
 - Call ahead before you go to a doctor's office or emergency room.
 - Tell the doctor/emergency room about your possible exposure to COVID-19 and your symptoms.
 - Avoid contact with others when you arrive.
 - Several South Carolina health systems are offering telehealth screening options to the public. For more details, visit www.scdhec.gov/telehealth.

Visit scdhec.gov/COVID19 for more information or call the CARELINE at 1-855-472-3432 for general questions.