

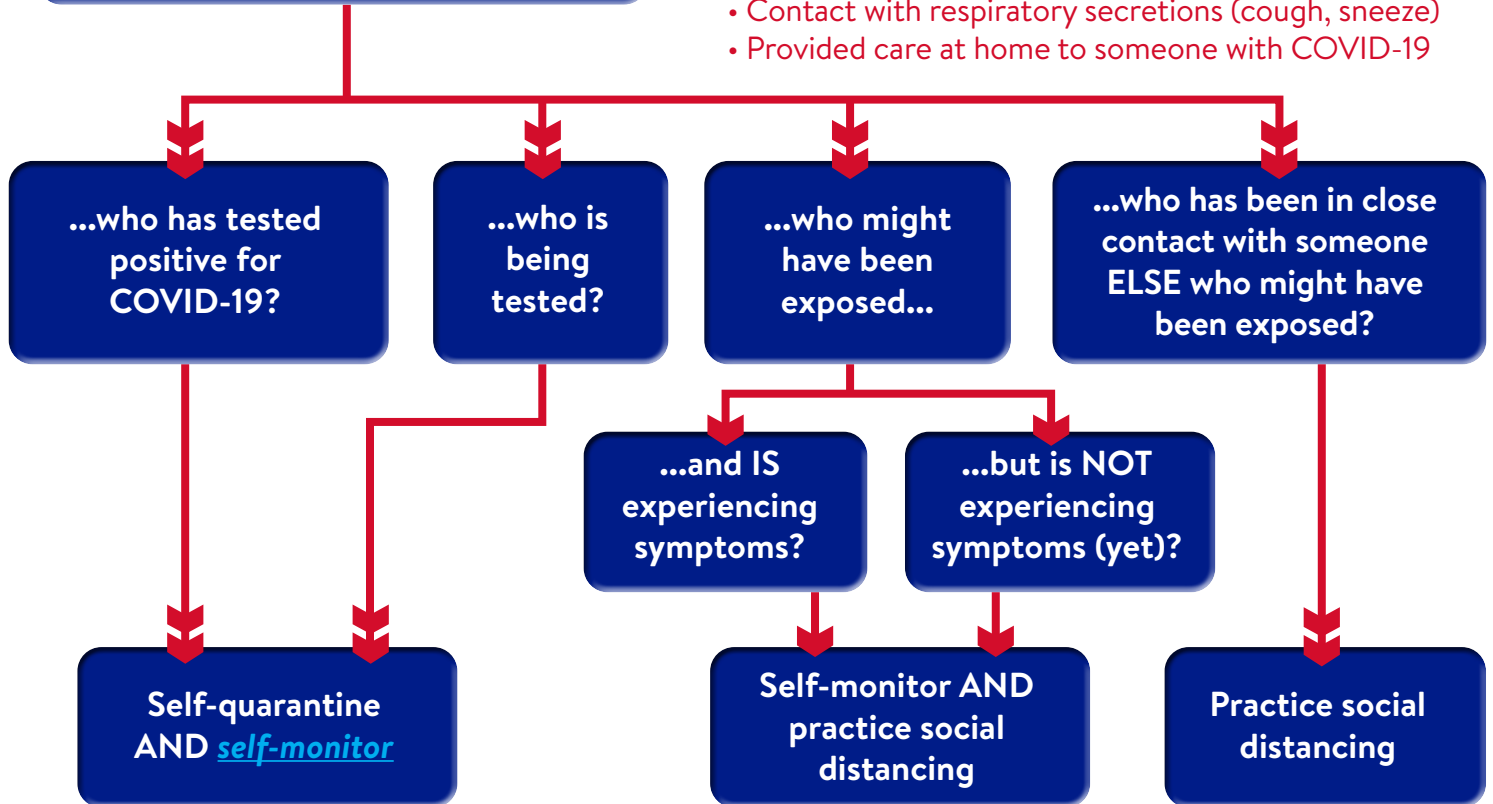
# COVID-19 PANDEMIC

## FREQUENTLY ASKED QUESTIONS

What should I do if I've been in close contact with someone...

### CLOSE CONTACT:

- Within 6 feet for a total of 15 minutes or more
- Direct physical contact, kissing, hugging
- Shared eating or drinking utensils
- Contact with respiratory secretions (cough, sneeze)
- Provided care at home to someone with COVID-19



### HOW DO I...

#### SELF QUARANTINE

- Stay home for 14 days after last contact with individual.
- Avoid contact with other people.
- Don't share household items.
- Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

#### SELF MONITOR

- Be alert for *symptoms* of COVID-19.
- Take your temperature every morning and night and write it down.
- Call your doctor if you have trouble breathing or a fever (100.4 degrees F or above).

#### PRACTICE SOCIAL DISTANCING

- Stay home as much as possible.
- Don't physically get close to people. Try to stay 6 feet away.
- Don't hug or shake hands.
- Avoid groups of people.
- Be aware of frequently touched surfaces, including doorknobs, service counters, shared pens, touch screens, and cell phones.

### WHAT IF I HAVE SYMPTOMS?

Contact instructor and/or supervisor, appropriate

Jefferson College Contact Tracer, and healthcare provider.

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### COVID TESTING SITES

Jefferson County Health Department  
CVS Minute Clinic  
COMTREA  
Total Access Urgent Care