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

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.

STUDENT CONTACT TRACER: Tina Robinson, covid19@jeffco.edu
EMPLOYEE CONTACT TRACER: Chris Stanfill, cstanfi2@jeffco.edu
ATS CONTACT TRACER: Cheryl Sodomka, csodomka@jeffco.edu

Contact instructor and/or supervisor, appropriate Jefferson College Contact Tracer, and healthcare provider.

WHAT IF I HAVE SYMPTOMS?
COVID TESTING SITES
Jefferson County Health Department
CVS Minute Clinic
COMTREA
Total Access Urgent Care

Jefferson College