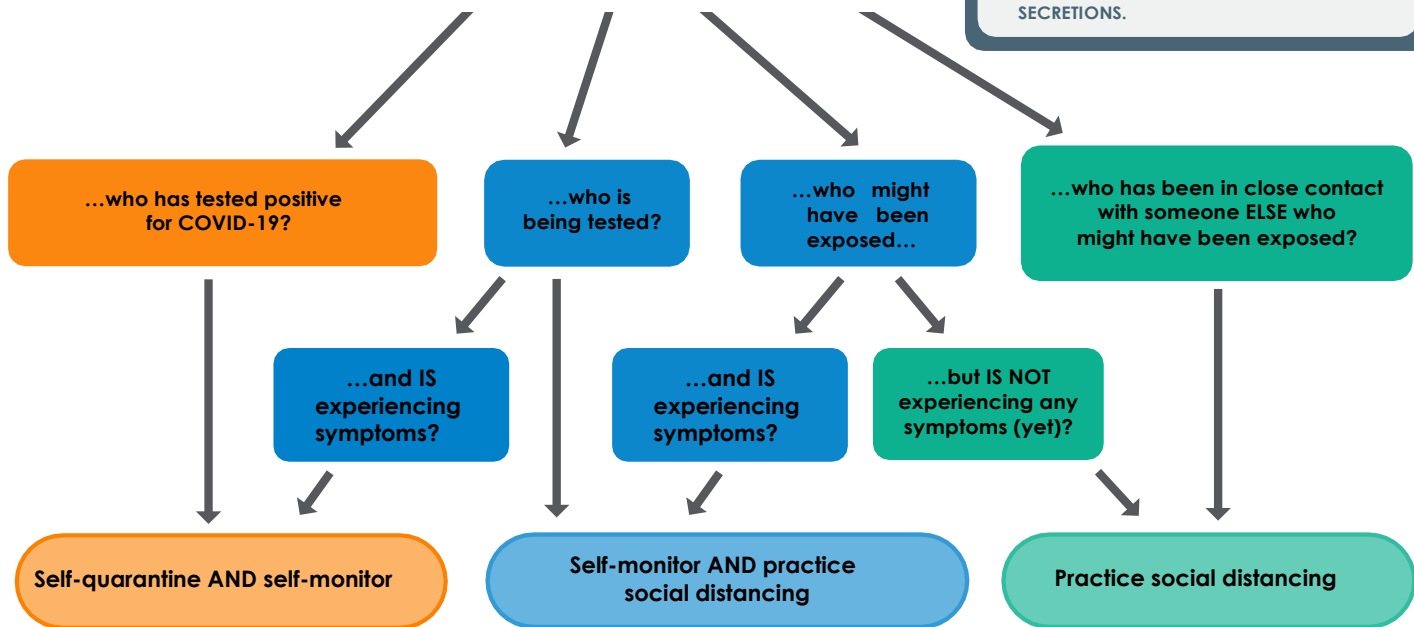


If you have been in close contact with someone who tests positive, is being tested, or might have been exposed, please inform your personal physician, direct supervisor, and Human Resources. Work arrangements will be evaluated on a case-by-case basis.

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

The Centers for Disease Control and Prevention (CDC) consider an interaction as close contact when YOU:

- Spend a **PROLONGED** (15 minutes or more) period of time within six feet of someone.
- Have **DIRECT PHYSICAL CONTACT** or **SHARE** eating or drinking utensils with them.
- Come into contact with their **RESPIRATORY SECRETIONS**.



How do I self-quarantine?

Do NOT report to work.

SELF REPORT COVID-19 exposure to HR by phone (209) 723-7606 or email mjoyner@weaverusd.org.

NOTIFY your direct supervisor.

STAY HOME for 14 days.

AVOID CONTACT with other people.

DON'T SHARE household items.

How do I self-monitor?

BE ALERT for symptoms of COVID-19, especially a dry cough or shortness of breath.

TAKE YOUR TEMPERATURE every morning, and write it down.

CALL your doctor if you have trouble breathing or a fever (temperature of 100.4°F or 38°C).

DON'T seek medical treatment without calling first!

How do I practice social distancing?

STAY HOME as much as possible.

DON'T physically get close to people; try to stay at least 6 feet away.

DON'T hug or shake hands.

AVOID groups of people and frequently touched surfaces.

And practice great hygiene!

WASH your hands frequently • **AVOID TOUCHING** your face • **WIPE DOWN** frequently touched surfaces regularly

Learn more at www.cdc.gov/coronavirus/2019-ncov

What if I have symptoms?

If you experience symptoms, such as fever, dry cough, or difficulty breathing, **call your personal physician and inform Human Resources and your direct supervisor.**

Revisions to this document will be made as needed and directed by the CDC.

