This letter is to inform you that you have been identified as a close contact to a positive case of novel coronavirus disease 2019 (COVID-19). In order to prevent the spread of COVID-19, you need to do the following through 4/10/20:

- Monitor for symptoms such as a fever (above 100.4), cough, or difficulty breathing/shortness of breath.
- Take your temperature at approximately the same time each day.
- If you experience symptoms of COVID-19, isolate yourself and call your doctor immediately. Inform them of your potential exposure and your symptoms. If you are ill and feel you have an emergency, seek care immediately and inform dispatch and health care providers that you have had contact with a known COVID-19 case. Please let NKY Health know if you seek medical care. Please note that without symptoms of COVID-19 it is **not** recommended to be tested for the virus.
- Remain in your home. As much as possible, you should stay in a separate room away from other people in your home. DO NOT eat meals with others in your home. You should also use a separate bathroom, if available.
- Do not attend work, school, shopping centers, movie theaters, stadiums, church, or any other event.
- Do not travel outside of the county where you reside.
- Do not travel outside of Kentucky.
- Do not travel by any public or commercial transportation such as a bus, taxi, airplane, train,Uber/Lyft or boat.

These actions must be taken for 14 days after your last exposure to the case or until the case has recovered if you live in the same household or have continuing exposure to the case. The case is considered recovered when the following conditions have been met: they are fever-free for 3 days without fever-reducing medication, their respiratory symptoms are improving, **and** it has been at least 7 days since their symptoms started.

COVID-19 ranges from a mild to severe respiratory illness. Symptoms may appear anywhere from 2 to 14 days after exposure to the virus. Most people infected with COVID-19 have a mild to moderate illness, and are able to recover at home. However, some people are more likely to have severe illness requiring hospitalization, including the elderly and people with chronic diseases such as diabetes, heart disease, kidney disease and lung disease.

It is important that we all do our part to prevent the spread of illness in our community. Everyone should regularly wash hands for at least 20 seconds with soap and water, cover coughs and sneezes with a tissue or elbow, and clean and disinfect frequently touched surfaces and objects. Stay home if you are sick and stay away from others who are sick. Practice social distancing- do not gather in groups and stay at least 6 feet away from others.

If you have questions, please contact Kentucky's COVID-19 Hotline at 1-800-722-5725 or visit www.nkyhealth.org or www.kycovid19.ky.gov.

TEAM KENTUCKY

COVID-19 HEALTH TIPS

When To Seek Care

To ensure the sickest people receive care, help minimize the spread of infection and maintain resources, please follow the guidelines below when considering whether to seek medical care.

Stay home

If you are worried-well, **please stay home** or **call the Kentucky State Hotline (1-800-722-5725).**

Going to a hospital or doctor's office adds to a higher concentration of people and further overwhelms medical staff.

Call for advice

If you are **ill, but would not have sought care** if not for COVID-19, **do not seek in-person care** at an ER, hospital or doctor's office.

Instead please **call** your **local healthcare provider** or **local health department.**

Seek care

If you are **sick and feel you have an emergency,** please call your doctor or **seek medical care**.

Hospitals and medical staff across the commonwealth stand ready to serve you.

CHFS

Kentucky Public Health

Please visit **kycovid19.ky.gov** for the latest updates on COVID-19 in Kentucky or call the Kentucky state hotline at **1-800-722-5725**