

COVID-19 EXPOSURE RISK

We know there is a lot of concern now that there are confirmed cases of COVID-19 in our region. Everyone, regardless of illness or testing status, should follow the same social distancing practices: stay home and limit contact with others. Known close contacts of cases are identified, contacted and have additional mandatory requirements to stay home. Below are a few examples of exposure risks.

No / Low Exposure Risk

- Visiting the same grocery store
- Going to the same building, either at the same time or after
- Walking by someone

To "catch" COVID-19, a person needs to have spent a prolonged amount of time within close (touching, coughing) distance of someone who has COVID-19.

Medium Exposure Risk

- Touching shared surfaces that someone who has COVID-19 has coughed on without disinfecting and without washing your hands

To reduce exposure risk, practice social distancing and limit contact with others. Wash hands often for at least 20 seconds and do not touch your face with unwashed hands. Disinfect high touch surfaces.

High Exposure Risk

- Spending a prolonged amount of time with someone who has COVID-19 within touching distance
- Sharing personal items (toothbrush, towels, utensils, etc.)

Everyone is asked to stay home and limit contact with others in the community. Monitor for symptoms if you have been exposed and contact your healthcare provider if symptoms worsen and you can't manage them at home.