

COVID-19

Guidance for persons who have had close contact with a COVID-19 case

If you have had contact with someone who has 2019 novel coronavirus (COVID-19), you may have been exposed to COVID-19.

For your safety and the safety of others, DHEC recommends that for the 14 days after your last exposure to the person with COVID-19, you **practice social distancing** (avoiding others) and do the following:

1. Limit your contact with others

- Stay home and avoid contact with others.
 - Do not go to work or school during this 14-day period.
 - Discuss your work situation with your employer before returning to work.
- Do not take public transportation, taxis, or ride-shares while practicing social distancing.
- Avoid crowded places (such as shopping centers and movie theater) and limit your activities in public.
- Keep your distance from others (about 6 feet).



2. Monitor for symptoms and practice good hygiene

- Watch for fever, cough, or trouble breathing.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean your hands often by washing them with soap and water for at least 20 seconds or by using an alcohol-based hand sanitizer.



If you begin to feel ill with **fever, cough, or shortness of breath**:

- Immediately self-isolate and avoid contact with others.
- Seek medical care, if needed.
 - Call ahead before you go to a doctor's office or emergency room.
 - Tell the doctor/emergency room about your possible exposure to COVID-19 and your symptoms.
 - Avoid contact with others when you arrive.
 - The doctor/emergency room can call their DHEC Regional Public Health Epidemiology Office to discuss testing for COVID-19.

Regional Public Health Offices

LOWCOUNTRY

Allendale, Bamberg, Beaufort, Berkeley, Calhoun, Charleston, Colleton, Dorchester, Hampton, Jasper, Orangeburg

Office: (843) 441-1091

Nights/Weekends:

(843) 441-1091

MIDLANDS

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Office: (888) 801-1046

Nights/Weekends:

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