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**
Aiken, Barnwell, Chester, Edgefield, Fairfield, Kershaw, Lancaster, Lexington, Newberry, Richland, Saluda, York
Office: (888) 801-1046
Nights/Weekends: (888) 801-1046

**PEE DEE**
Clarendon, Chesterfield, Darlington, Dillon, Florence, Georgetown, Horry, Lee, Marion, Marlboro, Sumter, Williamsburg
Office: (843) 915-8886
Nights/Weekends: (843) 915-8845

**UPSTATE**
Abbeville, Anderson, Cherokee, Greenville, Greenwood, Laurens, McCormick, Oconee, Pickens, Spartanburg, Union
Office: (864) 372-3133
Nights/Weekends: (864) 423-6648

Visit scdhec.gov/COVID19 for more information.