COVID-19
Exposure Notification
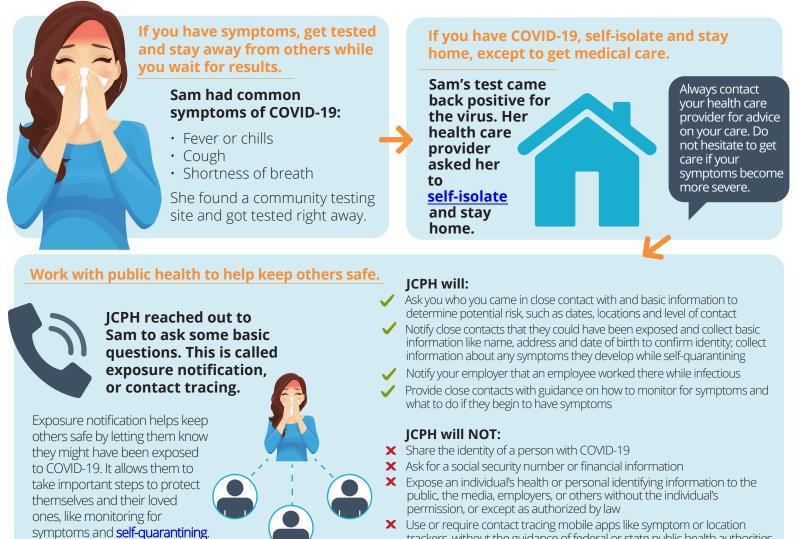
JEFFERSON COUNTY COLORADO
Public Health

Wondering what happens if you or a loved one gets COVID-19?

Follow Sam's journey, from when she first came down with symptoms through her recovery from the virus. Learn how Jefferson County Public Health (JCPH) helps stop the spread of the virus to others by working with Sam to voluntarily isolate herself and let her friends and family know they could have been exposed to the virus, too.

If you have symptoms, get tested and stay away from others while you wait for results.

Sam had common symptoms of COVID-19:

- Fever or chills
- Cough
- Shortness of breath

She found a community testing site and got tested right away.

If you have COVID-19, self-isolate and stay home, except to get medical care.

Sam's test came back positive for the virus. Her health care provider asked her to **self-isolate** and stay home.

Always contact your health care provider for advice on your care. Do not hesitate to get care if your symptoms become more severe.

Work with public health to help keep others safe.

JCPH reached out to Sam to ask some basic questions. This is called exposure notification, or contact tracing.

Exposure notification helps keep others safe by letting them know they might have been exposed to COVID-19. It allows them to take important steps to protect themselves and their loved ones, like monitoring for symptoms and **self-quarantining**.

JCPH will:

✓ Ask you who you came in close contact with and basic information to determine potential risk, such as dates, locations and level of contact

✓ Notify close contacts that they could have been exposed and collect basic information like name, address and date of birth to confirm identity; collect information about any symptoms they develop while self-quarantining

✓ Notify your employer that an employee worked there while infectious

✓ Provide close contacts with guidance on how to monitor for symptoms and what to do if they begin to have symptoms

JCPH will NOT:

✗ Share the identity of a person with COVID-19

✗ Ask for a social security number or financial information

✗ Expose an individual's health or personal identifying information to the public, the media, employers, or others without the individual's permission, or except as authorized by law

✗ Use or require contact tracing mobile apps like symptom or location trackers, without the guidance of federal or state public health authorities

Once recovered, continue to follow public health orders to stay healthy and safe.

Sam recovered and is now doing her part to protect herself and her community from COVID-19.

Stay home as much as possible.

Wear a cloth face covering when in public.

Stay at least 6 ft. from others.

Wash your hands frequently with soap and water.

For more information go to: www.jeffco.us/coronavirus

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