GUIDANCE FOR PERSONS WHO HAVE HAD CLOSE CONTACT WITH A COVID-19 CASE

If you have had contact with someone who has COVID-19, you have likely been exposed to the virus. For your safety and the safety of others, the South Carolina Department of Health and Environmental Control (DHEC) recommends you practice physical distancing (avoiding others) and the additional protocols listed below for at least 14 days after your last exposure to the person with COVID-19. If you live with someone who has COVID-19, it’s recommended that you follow these protocols for 14 days after the person with COVID-19 is no longer self-isolating.

LIMIT YOUR CONTACT WITH OTHERS.

• Stay home and avoid contact with others.
  • Do not go to work or school.
  • Discuss your situation with your employer before returning to work.
• Do not take public transportation, taxis or ride-shares while practicing physical distancing.
• Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
• Keep at least six feet away from others.

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 that contains 60-95% alcohol.

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.
  • Several South Carolina health systems are offering telehealth screening options to the public. For more details, visit www.scdhec.gov/telehealth.