

# WHAT TO DO IF YOU SUSPECT EXPOSURE TO COVID-19

| IF YOU:                       | HAVE TESTED POSITIVE  | HAVE TESTED NEGATIVE OR BEEN UNTESTED  | HAVE NOT BEEN TESTED, BUT HAVE BEEN EXPOSED TO SOMEONE WITH SYMPTOMS              | HAVE HAD CONTACT WITH PERSON EXPOSED BUT DOESN'T HAVE SYMPTOMS |
|-------------------------------|---|--|---|--|
| <b>Experiencing symptoms?</b> | Yes   | Yes  | No  | Not considered exposed.  |
| <b>Wear face mask?</b>        | Yes, when around others   | Yes, when around others  | No, only confirmed case or person under investigation should wear mask around you | No special recommendations.                                    |
| <b>Stay home:</b>             | Your local health departments will guide you on homecare advice | At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and respiratory symptoms (e.g., cough, shortness of breath); OR, at least 7 days from symptom onset, whichever is longer. | Keep distance from others, use proper hand hygiene, monitor symptoms              |  |

## Concerned about your health? Get prescreened for COVID-19 by:

- Calling your primary care provider or Telephone Nurse Advisors (24/7, 365): (608) 775-4454 or (800) 858-1050
- Connecting online with a provider 24/7 through Gundersen's VirtualVisit app: [gundersenhealth.org/virtualvisit](https://gundersenhealth.org/virtualvisit)
- If you are a non-Gundersen healthcare worker, contact your employee health services.
- If you are a Gundersen Health System employee, disregard chart and call Gundersen Employee Health services (608) 775-3747.