

# Steps to Slow the SPREAD of COVID-19

**COVID-19 is a respiratory illness that can spread from person to person.**

• **SYMPTOMS** can include:



**COUGH**



**FEVER**

(100.4°F/38°C  
or higher)



**TROUBLE  
BREATHING**

- Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.
- **Not everyone needs to be tested for COVID-19.** Most people will have mild illness and be able to recover at home.
- Older adults and people of any age with serious underlying medical conditions may be at higher risk for more serious complications from COVID-19. Seek care early.

**Residents are encouraged to follow these instructions to prevent disease spreading to people in your home and community.**

## **If You Are Sick, Whether or Not You Have Been Tested for COVID-19:**

- **Stay home.** Avoid contact with others, do not share personal items, and use a separate bedroom and bathroom, if possible.
- **Monitor your health.** Call 911 if you develop trouble breathing, pain or pressure in the chest, confusion, or bluish lips or face.
- **Wear a face mask** (or a bandana or scarf that covers your nose and mouth) when around other people.
- **Cover your coughs and sneezes** with a tissue or the inside of your elbow.
- **Wash your hands** often with soap and warm water for at least 20 seconds.
- **Clean and disinfect** high-touch surfaces every day.
- **Do not leave home** until fever-free for 72 hours (without the help of medication) AND at least 7 days have passed since symptoms first appeared.
- **Inform close contacts.** Talk to everyone who has been within 6 feet for more than a few minutes while you were sick, including the 48 hours BEFORE you developed symptoms. Encourage them to stay home for 14 days and provide them the following guidance for those who had close contact with someone who is sick.

## **If You Had Close Contact With Someone Who Is Sick:**

- **Stay home** for 14 days since you last interacted with the ill individual. Avoid contact with others even though you may feel well. Do not share personal items, and use a separate bedroom and bathroom, if possible.
- **If you become sick**, stay home, keep your distance from others, and inform close contacts you are sick. Follow the guidance above under “If you are sick, whether or not you have been tested for COVID-19”.

## **Stay Informed**

- Find all of the county’s information about coronavirus in Loudoun at [loudoun.gov/coronavirus](https://loudoun.gov/coronavirus).
- Text LCCOVID19 to 888777 to receive text alerts from Loudoun County about COVID-19.

## **Contact Us**

Email the Health Department at [health@loudoun.gov](mailto:health@loudoun.gov) or call the information line at **703-737-8300**.