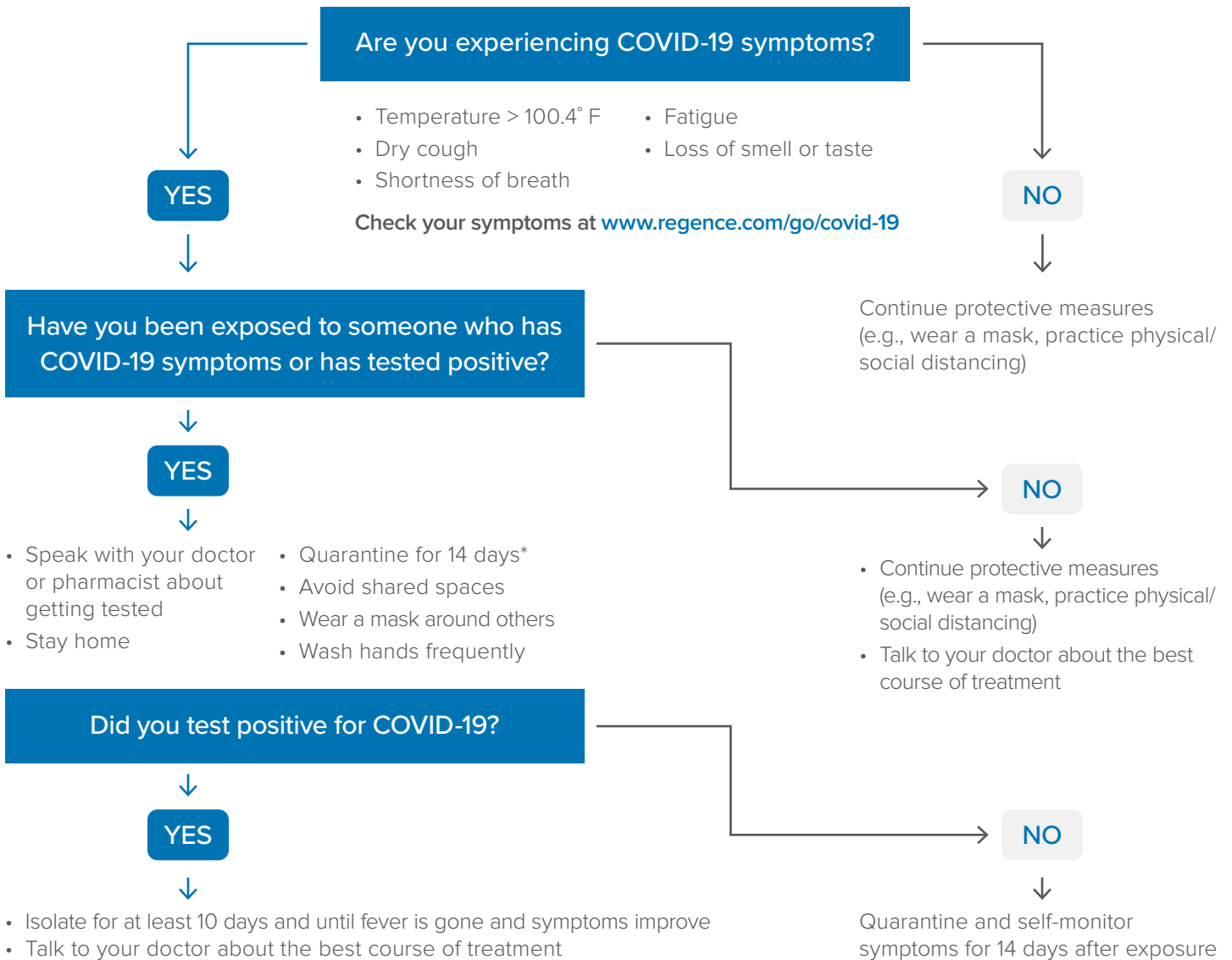


# Concerned you may have been exposed to COVID-19?

Use this exposure guide to determine next steps



## Four ways to keep yourself and your family safe this winter



- 1** **Wear a mask**, especially when you're around people who are not part of your immediate household.
- 2** **Keep a six-foot distance** from others when you are outside your household.
- 3** **Wash your hands** thoroughly throughout the day or use hand sanitizer and massage it into your hands for at least 20 seconds.
- 4** **Stay home if you are sick**, separate yourself from household members, monitor your symptoms and do not visit public places.

\*Per the Centers for Disease Control and Prevention (CDC), shortened quarantines are an alternative if **specific criteria** are met.

