



COVID-19 General Exposure Advisory

Updated September 20, 2020

One or more individuals in the organization has tested positive for the virus that causes COVID-19 infection.

You are receiving this General Exposure Advisory because you are believed to have been at the workplace, but NOT in close contact with a COVID-19 positive individual (A “close contact” is a person who stayed within 6 feet of a person with COVID-19 for more than 15 minutes, or who had direct contact with that person’s body fluids or secretions while they were not wearing a facemask, gown, and gloves. Also considered close contacts are people in the home of, sex partners of, and people who take care of or are taken care of by the person with COVID-19. Those in close contact receive a separate Quarantine Advisory.).

Recommendations

For the next 14 days, you should **self-monitor for symptoms**. See below for a list of symptoms of COVID-19.

If you develop symptoms of COVID-19 within the next 14 days of receiving this notice, you should promptly contact your health care provider and mention that you received this General Exposure Advisory about COVID-19. If you do not have a health care provider, and you live in San Francisco, you may call 311 from within SF (415-701-2311 from outside SF, 415-701-2323 TTY) to find out where you can see a healthcare provider. If you live outside San Francisco, please check with your county health department.

Information about COVID-19

We are providing the following **information about COVID-19** to increase your awareness about this infection.

The virus that causes COVID-19 is thought to spread mainly from person-to-person, between people who are in close contact with one another (within about 6 feet), and via respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

COVID-19 is thought to spread mainly through close contact from person-to-person. Some people without symptoms may be able to spread the virus. In general, the more closely a person interacts with others and the longer that interaction, the higher the risk of COVID-19 spread.

The most common **symptoms of COVID-19** are fever of at least 100.4°F, chills, cough, shortness of breath, difficulty breathing, sore throat, muscle aches, feeling unusually weak or tired, diarrhea, congested or runny nose, or losing the sense of smell or taste. Symptoms may appear as soon as 2 days or up to 14 days after exposure to the virus.

Those age 50 years or more, or those with chronic medical conditions, such as heart, lung, or kidney disease, diabetes, obesity, cancer, sickle cell, or weakened immune system, are especially vulnerable to the severest forms of COVID-19. See more at www.sfcdcp.org/vulnerable

You should take **general steps to reduce the risk of community-based spread of COVID-19**. These include:

- Cover your mouth and nose with a mask when around others
- Stay at home if you are sick
- Hygiene measures (wash hands, avoiding touching eyes/nose/mouth, cover coughs and sneezes)
- Social distancing (staying at least 6 feet away from other people as much as possible)
- More cleaning/disinfection of frequently touched surfaces at home and work throughout the day