COVID-19 General Exposure Advisory for Adults

One or more individuals in our organization have tested positive for COVID-19.

You were at our organization at the same time as a person with COVID-19, but to the best of our knowledge, you were NOT in close contact with the person with COVID-19. Close contact is defined as being within 6 feet of a person with COVID-19 to a total of 15 minutes or more in a 24 hours, even if both people were wearing masks. People who had close contact with someone with COVID-19 receive a separate advisory.

You can continue your usual activities, including going to work. You do not need to quarantine or get tested unless you develop COVID-19 symptoms.

WHAT YOU NEED TO DO:

1. Watch for these COVID-19 symptoms for the next 14 days.
   - Fever, chills or repeated shaking/shivering
   - Cough
   - Shortness of breath or difficulty breathing
   - Loss of taste or smell.
   - Congested or runny nose
   - Sore throat
   - Headache
   - Muscle aches or body aches
   - Feeling unusually tired or fatigued
   - Diarrhea, nausea or vomiting

2. If you have symptoms,
   - **Get tested for COVID-19.**
     Please notify us immediately if you test positive.
   - **Stay at home and away from other people while waiting for your results.**
     For more information on home isolation after a COVID-19 test, see https://sfcdcp.org/i&q

   - To get a test, contact your regular health care provider or the clinic listed on your health insurance card. Tell them that you received this General Exposure Advisory and have COVID-19 symptoms. Health care providers in San Francisco are required to offer you a COVID-19 test if you have symptoms under Health Order C19-15c.

   - If you do not have health insurance or a healthcare provider, see http://sf.gov/GetTestedSF.

   - If you live in San Francisco and do not have health insurance, you can call 311 (415-701-2311 from outside SF, 415-701-2323 TTY) for help finding a regular health care provider. If you live outside San Francisco, please check with your county health department.

INFORMATION ABOUT COVID-19

How Does COVID-19 Spread?

COVID-19 spreads in the air through virus-containing droplets in the breath of someone with COVID-19.

- These respiratory droplets enter the air when a person breathes, especially when they talk, sing, cough, sneeze or exercise. In poorly ventilated indoor spaces, smaller droplets from a person’s breath can stay floating in the air and travel more than 6 feet.
- People get infected when they breathe in virus-containing droplets, or when the virus lands in their eyes, nose or mouth. The virus that causes COVID-19 has to get in a person’s eyes, nose or mouth to infect them.

People can also get COVID-19 if they get the virus that causes COVID-19 on their hands from touching a contaminated surface (also known as a fomite), then touch their eyes, nose or mouth. However, this is less common.

How can I protect myself and the people around me from COVID-19?

- **Wear a face covering.** Cover your nose and mouth with a face mask or other cloth face covering when you leave your home, especially indoors.
- **Stay six feet away from people you don’t live with.**
- **Wash or sanitize your hands often,** especially before eating or touching your face. Use soap and water, or hand sanitizer that contains at least 60% ethanol or 70 % isopropanol.
- **Clean and disinfect** frequently touched surfaces.
- **Watch for symptoms of COVID-19.** If you have any symptoms, get tested and stay home until you get your test result.

**People at higher risk of severe COVID-19 should be especially careful.** This includes

- People who are older, smoke or are overweight
- Pregnant women
- People with certain medical conditions like diabetes, heart problems, COPD, cancer, weakened immune systems, and sickle cell disease.

See [www.sfcdcp.org/vulnerable](http://www.sfcdcp.org/vulnerable) for a list of groups who are at higher risk of getting very sick or dying from COVID-19, if they get infected.