COVID-19 General Exposure Advisory for Adults
Updated 02/17/2022

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. A close contact is defined as being within 6 feet of a person infected with COVID-19 for a total of 15 minutes or more in a 24-hour period, 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:

Monitor yourself for COVID-19 symptoms for the next 10 days. Symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Feeling unusually tired or fatigued
- Muscle or body aches
- Headache
- Loss of taste or smell
- Sore throat
- Nasal congestion or runny nose
- Diarrhea, nausea, or vomiting

If you develop symptoms:

- Get tested for COVID-19. Please notify us immediately if you test positive.
  - If you do not have a regular doctor or health insurance, see http://sf.gov/GetTestedSF for places where you can get tested for free.

- Stay at home and away from other people while waiting for your test result.
  - For more information on staying at home when you might have COVID-19, see https://www.sfdph.org/dph/covid-19/isolation-and-quarantine.asp

For more information on COVID-19, please see https://www.sfcdcp.org/covid19.