If you have had contact with someone who has 2019 novel coronavirus (COVID-19), you may have been exposed to COVID-19.

For your safety and the safety of others, DHEC recommends that you practice social distancing (avoiding others) and do the following:

1. Quarantine - Limit your contact with others

   • Stay home and avoid contact with others.
     ◦ Do not go to work or school.
     ◦ Discuss your work situation with your employer before returning to work.
   • Do not take public transportation, taxis, or ride-shares.
   • Keep your distance (about 6 feet) and wear a mask or face covering when being around others cannot be avoided.
   • Your quarantine can end 10 days after your last exposure to the person with COVID-19 if you have had no symptoms.
   • If you live with someone with COVID-19, and it is not possible for that person to truly isolate (i.e., stay in a separate room with a separate bathroom), your quarantine begins when their isolation period ends.
   • DHEC also recommends that close contacts of COVID-19 cases be tested for COVID-19, even if they do not feel sick. As a close contact of a COVID-19 case, you should be tested immediately. If your test results for COVID-19 are negative, you must still complete the full quarantine period. If you develop symptoms of COVID-19 at any time during the quarantine period, you should also be tested.
   • Alternatively, your quarantine period may be able to end after 7 days have passed since your last exposure to the person with COVID-19, if a diagnostic test collected no sooner than day 5 of your quarantine period is negative for COVID-19 and you have not experienced any symptoms.

2. Monitor for symptoms and practice good hygiene

   • Watch for fever, cough, or trouble breathing. Even after ending your quarantine period, DHEC recommends that you continue to monitor your symptoms until it’s been 14 days after your last exposure to the person with COVID-19.
   • Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
   • Clean your hands often by washing them with soap and water for at least 20 seconds or by using an alcohol-based hand sanitizer that contains 60 to 95% alcohol.

If you begin to feel ill at any time with fever, cough, shortness of breath or other symptoms of COVID-19:

• Immediately self-isolate and avoid contact with others.
• Seek testing for COVID-19.
• Seek medical care, if needed.
  ◦ Call ahead before you go to a doctor’s office or emergency room.
  ◦ Tell the doctor/emergency room about your possible exposure to COVID-19 and your symptoms.
  ◦ Avoid contact with others when you arrive.
  ◦ Several South Carolina health systems are offering telehealth screening options to the public. For more details, visit www.scdhec.gov/telehealth.

Visit scdhec.gov/COVID19 for more information or call the CARELINE at 1-855-472-3432 for general questions.