What should I do if...

I've been in close contact with someone...

...who has tested positive for COVID-19?
Self-quarantine AND self-monitor

...who is being tested?
Self-monitor AND practice social distancing

...who might have been exposed...

...and IS experiencing symptoms?
Self-quarantine AND self-monitor

...but IS NOT experiencing any symptoms (yet)?
Practice social distancing

...who has been in close contact with someone ELSE who might have been exposed?

What counts as “close contact?”
- You spent a PROLONGED period of time in the same room.
- You had DIRECT PHYSICAL CONTACT with the person (e.g., kissing, hugging).
- You SHARED eating or drinking utensils with them.
- You came into contact with their RESPIRATORY SECRETIONS (e.g., they coughed on you).

What if I have symptoms?
If you experience symptoms, such as fever, dry cough, or difficulty breathing, call MIT Medical’s COVID-19 hotline: 617-253-4865.

How do I...

...self-quarantine?
STAY HOME for 14 days.
AVOID CONTACT with other people.
DON’T SHARE household items.
Learn more at medical.mit.edu/HowTo#self-quarantine

...self-monitor?
BE ALERT for symptoms of COVID-19, especially a dry cough or shortness of breath.
TAKE YOUR TEMPERATURE every morning and night, and write it down.
CALL your doctor if you have trouble breathing or a fever (temperature of 100.4°F or 38°C).
DON’T seek medical treatment without calling first!
Learn more at medical.mit.edu/HowTo#self-monitor

...practice social distancing?
STAY HOME as much as possible.
DON’T physically get close to people; try to stay at least 6 feet away.
DON’T hug or shake hands.
AVOID groups of people and frequently touched surfaces.
Learn more at medical.mit.edu/HowTo#distance

And practice great hygiene!
WASH your hands frequently • AVOID TOUCHING your face • WIPE DOWN frequently touched surfaces regularly
Learn more at medical.mit.edu/HowTo#hand-hygiene