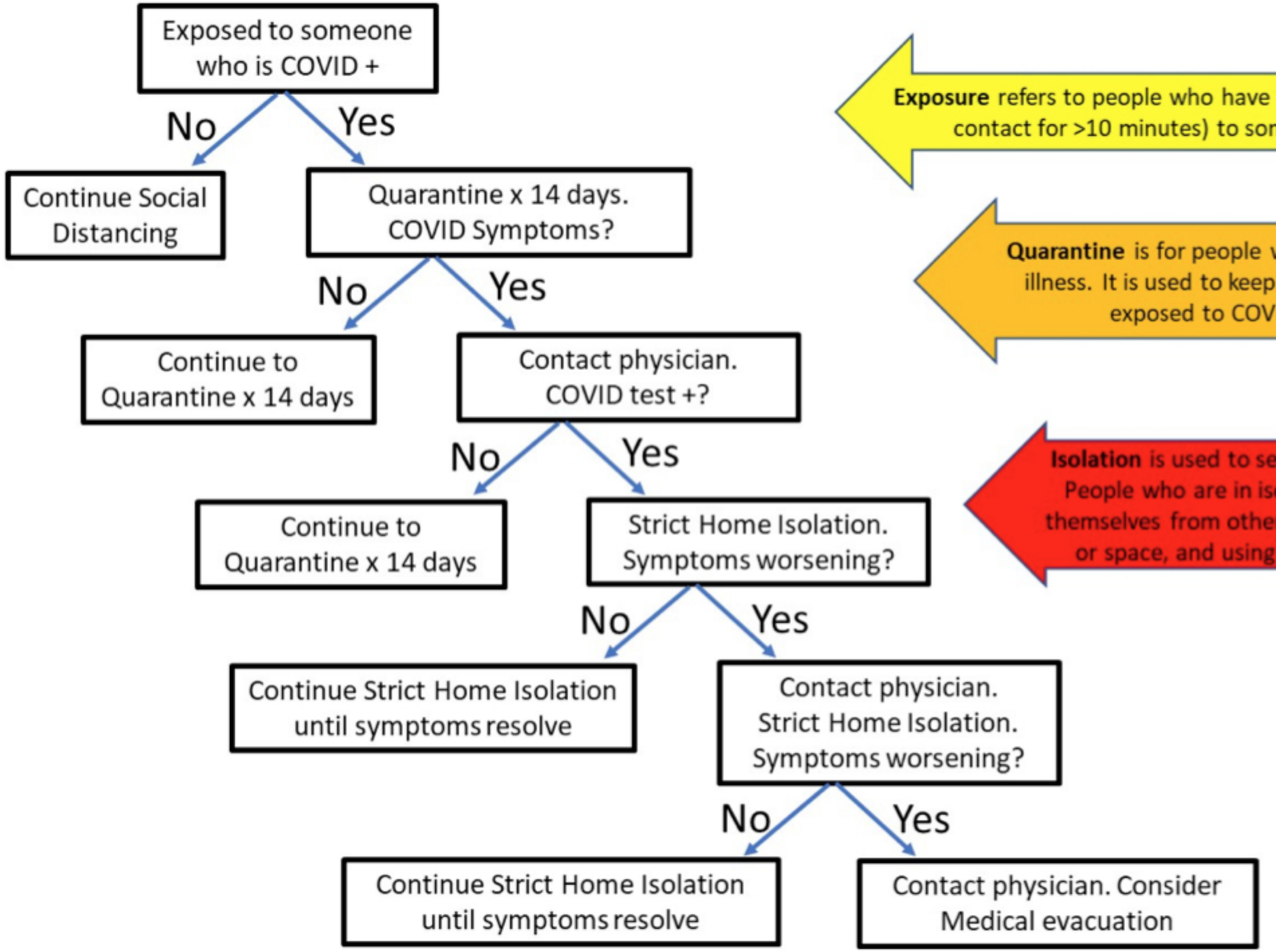
What should I do if I have been exposed to COVID-19?



Exposure refers to people who have been exposed (usually close contact for >10 minutes) to someone with COVID-19.

Quarantine is for people who are not showing symptoms of illness. It is used to keep someone who *might* have been exposed to COVID-19 away from others.

Isolation is used to separate sick people from healthy people. People who are in isolation should stay home and separate themselves from others by staying in a specific "sick" bedroom or space, and using a different bathroom, when possible.