

COVID-19 STOPS WITH YOU

STAY SAFE AND KEEP OTHERS SAFE



IF YOU FEEL SICK:

- Stay home and away from others, including pets.
 - » Stay by yourself in a private room. Use a private bathroom, if possible.
 - » Everyone who lives in your household should also stay home.
- Watch for COVID-19 symptoms, including a fever over 100.4, coughing or shortness of breath, a sore throat, muscle aches, fatigue, chills, shaking with chills, and loss of smell or taste.
- Make a list of the people you have recently been around and be prepared to share that list with a contact tracer, who will contact you within four days if you test positive for COVID-19.
- Do not go to a hospital unless you have a medical emergency.
- If your symptoms get worse, contact your health care provider immediately to learn what you should do.



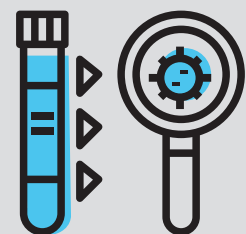
IF YOU'VE BEEN AROUND SOMEONE WHO TESTED POSITIVE FOR COVID-19:

- Get tested for COVID-19.
- Stay home for 14 days and away from others, including pets, even if you don't have symptoms and you test negative.
 - » Stay at least 6 feet away from others, wash hands often, and wear a face covering when you are around others who live with you.
 - » Stay away from people who are at high risk of getting very sick from COVID-19.
- Check your temperature at least twice a day and watch for symptoms, including a fever over 100.4, coughing or shortness of breath, a sore throat, muscle aches, fatigue, chills, shaking with chills, and loss of smell or taste.
- If you develop symptoms, contact your health care provider immediately to find out what you should do.
- If you don't develop symptoms, continue to stay at home for the full 14 days — you might make others sick.

HOW OFTEN YOU SHOULD BE TESTED:

You don't have to be sick to get tested for COVID-19. In some cases, people have COVID-19 and don't feel sick. You should get tested for COVID-19 once a month, unless you:

- Work in a high-risk job, such as those who work in direct health care and their support staff, medical transport workers, mortuary workers, laboratory personnel, and those who come in close contact with aerosolizing secretions or samples.
- Were around crowds or in a social situation standing close to people, or were around people who were not wearing face coverings.
- Were exposed to someone with COVID-19.
- Have symptoms of COVID-19.



[de.gov/coronavirus](https://www.de.gov/coronavirus)



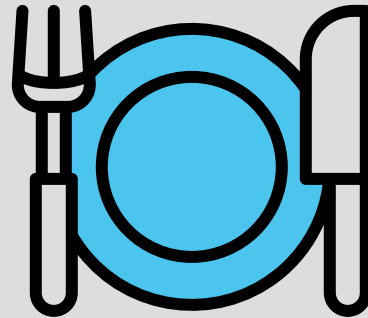
Call 2-1-1



IF YOU NEED HELP WITH RENT OR MORTGAGE PAYMENTS

If the COVID-19 pandemic has made it hard for you to pay your rent or mortgage, and you are facing eviction or foreclosure, help is available. The Delaware State Housing Authority provides rental and mortgage assistance.

For more information, visit destatehousing.com/covid19.



IF YOU NEED FOOD ASSISTANCE

The Food Bank of Delaware provides access to food through grocery pantries located throughout the state.

To find one near you, visit fbd.org or call 2-1-1 for more information.

COVID-19 HELP IS AVAILABLE

Call Delaware 2-1-1 or 1-800-560-3372. Individuals who are deaf or hard of hearing can text their ZIP code to 898-211.



Download the **COVID Alert DE** app to slow the spread.

This free smartphone app protects you and your privacy. It will quickly alert you if you have been in close contact with someone who has tested positive for COVID-19.

