

COVID-19 Patient Exposure

You were potentially exposed to someone with the virus during your hospital stay. The information below tells you what you should do to help stop COVID-19 from spreading to others if you become sick.

Social distance and prevent the spread of COVID-19

- Stay home for 14 days after you were last exposed. End date of home stay _____.
- Stay at least 6 feet away from other people and animals in your home.
- Cover your coughs and sneezes.
- Wash your hands often. Do not touch your eyes, nose, and mouth.
- Do not share household items, such as dishes, towels, or bedding.
- Clean the things you touch often, such as your phone and doorknobs, every day.
- Stay home except to get health care.
- Call before going to the doctor or emergency room.

Monitor your symptoms

- Watch for fever, cough, or shortness of breath.
- Check your temperature two times a day. A fever is a temperature above 100°F.
- Seek medical care right away if you have:
 - Trouble breathing
 - Pain or pressure in your chest that does not go away
 - Confusion or are not able to be woken up
 - Bluish lips or face

To learn more:

- Go to [cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html).
- Call 319-384-8819 if you have general questions about COVID-19.
- Call 319-384-9010 if you have symptoms and would like to schedule an appointment with your provider
- Call 911 if you have an emergency.

Public Health Department

People with potential exposure to COVID-19 may be contacted by the Iowa Department of Public Health. This is done to help lessen the spread of COVID-19. They may ask questions, such as:

- Have you had symptoms of COVID-19?
- Have you had contact with anyone since you left the hospital?