# **Contact Investigation** for COVID-19

#### Tacoma-Pierce County Health Department Healthy People in Healthy Communities



Were within 6 feet for more than 10 minutes.

Were near their coughs and sneezes.

Live in the same home.

Cared for them.

We ask them to stay home and monitor their health for 14 days after they were last around someone with COVID-19.

### COVID-19 symptoms can be severe or mild.

#### Symptoms can take 2-14 days to appear.

- Cough.
  - Shortness of breath.
  - Fever, chills, muscle pain, headache, sore throat, loss of taste or smell.

People with symptoms should:



- Stay home.
- Separate themselves from others.
- Monitor their health.

Call a health provider if your symptoms get worse.

## Learn more and stay updated at tpchd.org/coronavirus.