



## COVID-19 General Exposure Advisory

One or more individuals in the organization has tested positive for the virus that causes COVID-19 infection.

**You are receiving this General Exposure Advisory because you are believed to have been at the workplace, but NOT in close contact with a COVID-19 positive individual** (A “close contact” is a person who stayed within 6 feet of the person diagnosed with COVID-19 for more than 10 minutes while the person with COVID-19 was not wearing a facemask, or who had direct contact with your body fluids or secretions while they were not wearing a facemask, gown, and gloves. A close contact also includes people who live with, take care of, or are taken care of by the person with COVID-19. Those in close contact receive a separate Quarantine Advisory).

### Recommendations

For the next 14 days, you should **self-monitor for symptoms**. See below for a list of symptoms of COVID-19.

**If you develop symptoms** of COVID-19 within the next 14 days of receiving this notice, you should promptly contact your health care provider and mention that you received this General Exposure Advisory about COVID-19. If you do not have a health care provider, and you live in San Francisco, you may call 311 from within SF (415-701-2311 from outside SF, 415-701-2323 TTY) to find out where you can see a healthcare provider. If you live outside San Francisco, please check with your county health department.

### Information about COVID-19

We are providing the following **information about COVID-19** to increase your awareness about this infection.

The virus that causes COVID-19 is thought to spread mainly from person-to-person, between people who are in close contact with one another (within about 6 feet), and via respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Close contact includes being coughed or sneezed on, kissing, sharing food or eating.

People are thought to be most contagious when they are the most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this occurring with COVID-19.

The most common **symptoms of COVID-19** are fever, cough, and shortness of breath. Other symptoms can include tiredness, muscles aches, sore throat, headache, nausea, vomiting, loss of sense or taste or smell, or diarrhea. Symptoms usually begin about 5 days after exposure but may appear as soon as 2 days or up to 14 days after exposure.

Those over the age of 60 years and those with chronic medical conditions, such as heart, lung, or kidney disease, are especially vulnerable to the severest forms of COVID-19.

You should take **general steps to reduce the risk of community-based spread of COVID-19**. These include:

- Staying at home if you are sick
- Hygiene measures (wash hands, avoiding touching eyes/nose/mouth, cover coughs and sneezes).
- Social distancing (staying at least 6 feet away from other people as much as possible).
- More cleaning/disinfection of frequently touched surfaces at home and work throughout the day.

For more information: [www.sfcddcp.org/covid19](http://www.sfcddcp.org/covid19) | [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)