



Dear \_\_\_\_\_,

The \_\_\_\_\_ has been notified of a potential exposure to a coronavirus disease 2019 (COVID-19) case at \_\_\_\_\_.

At this time, the Illinois Department of Public Health (IDPH) and the DuPage County Health Department (DCHD) are closely monitoring COVID-19 in Illinois to assess exposures and the level of risk to individuals who may have been exposed. Based on the information known and guidance from Centers for Disease Control and Prevention (CDC), this has been determined to be a **low-risk** exposure.

For persons without illness in the category of low-risk contacts (e.g., being in the same indoor environment [e.g., a classroom, a hospital waiting room] as a person with COVID-19 for a prolonged period of time but not meeting the definition of close contact), there is currently no movement restriction beyond social distancing recommendations.

Although your risk of COVID-19 from this exposure is considered to be low, in the setting of a pandemic with widespread community transmission in Illinois, you are asked to **self-monitor** for the following symptoms:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

If you develop fever and or cough or shortness of breath within 14 days of this exposure, please do the following:

- Stay home while ill (self-isolation). Practice social distancing by avoiding public places and gatherings.
- Contact your health care provider to determine if medical evaluation is needed. Since COVID-19 illness is mild in 81% of persons, you may not need to be seen or tested. Please do **NOT** show up at your provider's office or the Emergency Department without calling ahead.



- Do not travel on commercial conveyances, such as airplanes, trains, subways, and buses, until you are no longer symptomatic.

Actions to help prevent widespread COVID-19 illness have been implemented nationally, and we encourage Illinoisans to continue to monitor and take steps to protect their health. Some actions you can take to help keep you healthy, reduce exposures to COVID-19, and to slow the spread of the disease include:

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue.
- Clean frequently touched surfaces and objects daily.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Cover your mouth and nose with a cloth face cover when around others
- Plan ahead for situations such as closure of schools, daycares, workplaces, and other public locations.

If you have additional questions regarding COVID-19 and this exposure, please contact the DuPage County Health Department at (630) 221-7030. More information is available at the following websites:

CDC: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

IDPH: <http://dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus>

DCHD: [www.dupagehealth.org/covid19](http://www.dupagehealth.org/covid19)

Thank you for your cooperation.

Sincerely,

DUPAGE COUNTY HEALTH DEPARTMENT