

COVID-19: Know Your Risk

If You Have No Symptoms

Risk Factors	Risk Level	What to Do
Had prolonged close contact with someone who tested positive for COVID-19	HIGH	Self-quarantine and Self-monitoring
Traveled internationally to a CDC Level 3 country	MEDIUM	Self-quarantine and Self-monitoring
Traveled domestically to an area with known community spread	MEDIUM	Self-observation
Spent time indoors (no close contact) with someone who tested positive for COVID-19	LOW	Self-observation

** If you develop fever, cough, or difficulty breathing, contact your health care provider and self-isolate.

Definitions

- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.
- **Self-observation** means you should remain alert for subjective symptoms such as fever, cough, or difficulty breathing. **If you develop fever, cough, or difficulty breathing, contact your healthcare provider and self-isolate.**
- **Self-monitoring** means you should monitor yourself for fever by taking your temperature twice a day and remain alert for other symptoms like a cough or difficulty breathing. **If you develop fever, cough, or difficulty breathing, contact your healthcare provider and self-isolate.**
- **CDC Level 3:** Countries with a CDC level 3 travel warning due to COVID-19.

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