

TEANECK BOARD OF EDUCATION HUMAN RESOURCE MANAGEMENT



Exposure to COVID-19

What to do if you've been exposed to someone with COVID-19

If you have been exposed to someone who tested positive for COVID-19, quarantine yourself for 14 days from the date of last contact with the ill person and maintain physical distance from others at all times. Self-monitor for symptoms. Seek prompt medical evaluation if you develop fever, cough, or shortness of breath.

Look for emergency warning signs* for COVID-19. If you or someone you know are showing any of these signs, **seek emergency medical care immediately.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

**This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you. When travelling to get medical care, avoid public transportation and wear a face covering.

Individuals at higher risk for COVID-19 complications should [refer to CDC guidance.](#)

Supporting someone else who is sick

If they have a fever, cough, or difficulty breathing, they should seek medical care immediately. Many providers are offering virtual visits. Before going to the provider's office or emergency room, have them call ahead and describe any current symptoms.

If they are experiencing emergency warnings signs, encourage them to seek medical care immediately.