3/17/2020

*There is absolutely no need for testing for contacts of known positives. If you have come into contact with a confirmed positive case, you need to self-quarantine for 14 days.*

If, within those 14 days, you become symptomatic, you will need to remain isolated for 7 days from when the symptoms start OR 3 days after symptoms stop, whichever is longer.

If you do not develop symptoms you will be cleared after 14 days.

Obviously, if your symptoms become severe, you may need to be hospitalized. Those severe symptoms include:

- Have difficulty breathing/choking
- Have an allergic reaction
- Have symptoms of a heart attack or stroke
- Are confused, dizzy, or disoriented
- Have difficulty speaking, walking, or seeing
- Have sudden, severe pain

Please call ahead to the ER, DO NOT come through the emergency room, this puts others in the community at risk.

Keep in mind, our emergency rooms are going to be overwhelmed with seriously ill patients. Do not add to the load by coming to the hospital with symptoms that can be mitigated at home.

Dr. Olugbenga Obasanjo, MD, PhD, MPH,