What is my risk for novel Coronavirus (COVID-19)?

**Higher Risk**

- **Actions for people WITHOUT COVID-19 Symptoms**
  - Quarantine at home for 14 days after last exposure. Monitor for symptoms daily. A Public Health Nurse may be calling you to check in. Only leave home to seek medical care; call ahead.

- **Actions for people WITH COVID-19 Symptoms**
  - Immediate isolation including separation from household members. Call provider or CBJ hotline for testing. Mask for all movement outside of isolation.

**General Community Risk**

- Practice social distancing including staying 6 feet away from anyone not in your household and staying home as much as possible. Wash your hands often. Clean and disinfect frequently touched surfaces daily.

- Self-Isolate by staying home and away from household members. Call ahead if you are need medical care.

**Symptoms of COVID-19:**
- Fever
- Cough
- Shortness of Breath

**Questions for Risk Assessment:**

- Within the last 14 days have you traveled outside of your home community?
- Was your travel outside of Alaska?
- Have you had any contact with a laboratory confirmed case of COVID-19?
- Do you live with or take care of someone who tested positive for COVID-19?
- Were you within 6 feet of a person who tested positive for COVID-19 for more than 10 minutes?
- Were you in the same indoor environment as a confirmed case for a prolonged period but not within 6 feet of them?