

Date \_\_\_\_\_

Dear Columbus City Schools Staff Member:

You may have been exposed to COVID-19, a significant potential health threat, and your cooperation is needed to protect yourself, your family and the entire community.

**Symptoms** usually appear within 14 days of exposure and may include one or more of the following:

- Temperature of 100.4<sup>o</sup> or higher
- Dry cough/new or worsened cough
- Shortness of breath
- Lack of taste/smell
- Nasal congestion or runny nose
- Sore throat
- Headache
- Body aches
- New or worsened fatigue
- Nausea, vomiting or diarrhea

If you experience any of these symptoms, please contact your health care provider.

**How COVID-19 Spreads:**

- Droplets from the nose or throat can be released into the air when an infected person coughs, sneezes or talks.
- People within 6 feet of an ill person for more than 15 minutes are considered to be exposed and should self-quarantine for 14 days.

**Self-Quarantine means stay home.** Do not go to work, school, grocery stores, places of worship or any other location where people gather. Do not use public transportation such as buses, taxis or ride shares. Social distance from household members. When possible in your home, sleep separately, use separate bathrooms, avoid common spaces, wash hands frequently, and disinfect surfaces often.

**What you need to do:**

- Stay home for 14 days (self-quarantine), unless notified by public health that you may end quarantine sooner. 14 days from today is: \_\_\_\_\_.
- If you develop symptoms of COVID-19, Columbus Public Health recommends that you notify your doctor that you are a close contact of someone who has been diagnosed with COVID-19 and seek guidance for testing.

Thank you for your cooperation and for helping us prevent the spread of COVID-19. If you have questions, please call the Columbus Public Health Nurse Line at 614-645-1519.

Best of Health,

Mysheika W. Roberts, MD, MPH  
Health Commissioner

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