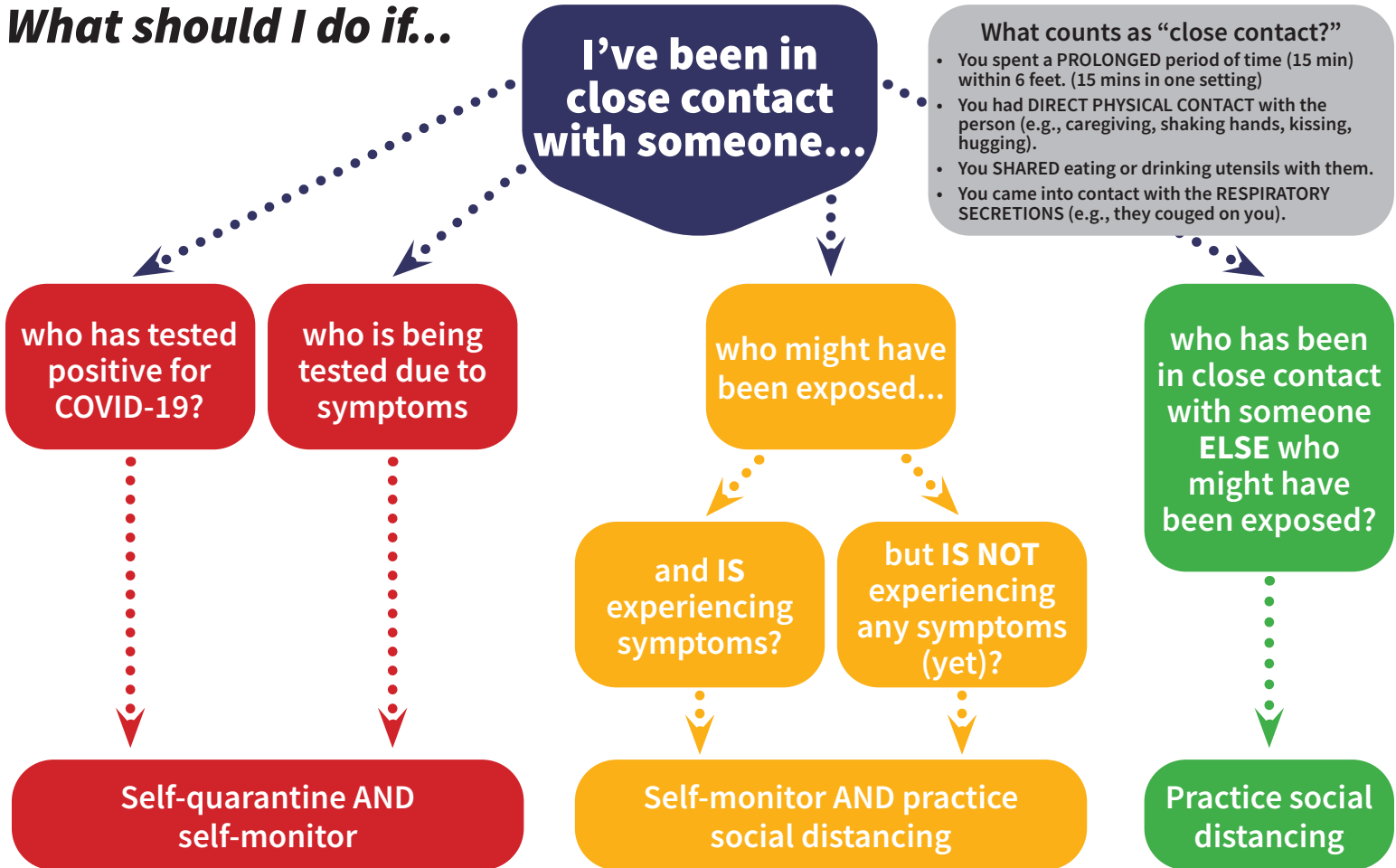


Possible COVID-19 Exposure?



The Catholic School of St. Eugene
Contact: principal@steugeneschool.org

What should I do if...



How do I...

Self-Quarantine?

- **STAY HOME** for 14 days.
- **AVOID CONTACT** with other people.
- **DON'T SHARE** household items.

Self-Monitor?

- **BE ALERT** for symptoms of COVID-19, especially fever, dry cough, or shortness of breath.
- **TAKE YOUR TEMPERATURE** every morning and night - write it down.
- **CALL your doctor** if you have trouble breathing or a fever (temp of 100.4° F)
- **DON'T seek medical treatment** without calling first!

Practice Social Distancing?

- **STAY HOME** as much as possible.
- **DON'T physically get close** to people. Try to stay at least 6 feet away.
- **DON'T hug or shake hands.**
- **AVOID groups of people** and frequently touched surfaces.

PRACTICE GREAT HYGIENE!

WASH your hands thoroughly and frequently! • AVOID TOUCHING your face! • CLEAN frequently touched surfaces often!