

WHAT TO DO IF EXPOSED TO COVID/IN QUARANTINE

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. If you are not feeling well and you are in quarantine call the office

If you have further questions regarding your quarantine, call your health department

If you are asymptomatic and have been advised to have a test, contact your health department to arrange for the test.

Warren County PH (518) 761-6580

Washington County PH (518) 746-2400

Essex County PH (518) 873-3500

Saratoga County PH (518) 584-7460