

**Communicable Disease Epidemiology
and Immunization Section**

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Novel Coronavirus: Self-Observation Steps for People with Low Risk Exposure

March 13, 2020

Northshore Senior Center visitors and staff may have been exposed to the novel coronavirus (the virus causes the infection called COVID-19) on the following dates:

- Monday March 2, 2020 between 11am – 1pm.
- Friday March 6, 2020 between 8am – 12pm.
- Monday March 9, 2020 between 11am – 1pm.

Public Health has determined your potential exposure to be **low risk** because you did not likely have close contact (extended contact within 6 feet) with the person ill with COVID-19 disease.

Public Health is recommending you watch for symptoms of COVID-19 infection including **fever, cough, shortness of breath or difficulty breathing**. Other less common symptoms include fatigue (new or increasing tiredness or weakness), headache, muscle aches, diarrhea, or sore throat. Symptoms occur within 2–14 days of exposure.

We recommend you take the following steps **through March 23, 2020**, for self-observation:

- If you do not have any symptoms, you can continue to go to work and out in the public as normal.
- **If you start to feel feverish or develop cough or difficulty breathing:**
 1. Take your temperature
 2. Limit contact with others
 3. **Call your healthcare provider to determine whether medical evaluation is needed**
 - **Before** going to your medical appointment, be sure to tell your healthcare provider about your recent possible exposure to the novel coronavirus. This will help your healthcare provider's staff take steps to keep other people from being exposed. Ask your healthcare provider to call Public Health (206-296-4774).
 4. To the extent possible, remain at home. Avoid large group settings and events, limit public activities and practice social distancing while self-monitoring.

Sincerely,

Eileen Benoliel, RN, BSN, CIC
Program Manager, Vaccine Preventable Diseases
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Communicable Disease Epidemiology & Immunization Section