

March 20, 2020

Dear Addressee,

We are writing to inform you that on **[Month DD]**, 2020, at **[Facility/Event Name]**, you may have been exposed to a person with Coronavirus Disease 2019 (COVID-19).

Please monitor yourself for symptoms of fever, cough, and difficulty breathing until [14 days after potential exposure date – **Month DD, 2020**]. During this time, please limit your contact with others including family members, older adults, and those with chronic medical conditions (e.g., diabetes, heart, lung, and kidney disease). Clean your hands often with soap and water for at least 20 seconds, cover your cough and sneeze, and stay home if you feel ill. Avoid sharing personal household items and clean commonly touched surfaces in the home daily.

If you experience symptoms, please stay home except to get medical care. People who are mildly ill with COVID-19 can recover at home. If your symptoms worsen, contact your doctor. If you do not have a doctor or primary care provider, you may contact the Lake County Health Department at (847) 377-8800.

Some people may be at higher risk of getting very sick from this illness. If you are an older adult or have a serious medical condition like heart disease, diabetes, lung disease or have a weakened immune system, contact your doctor immediately if you have COVID-19 symptoms.

Thank you for helping us prevent the spread of COVID-19 in our community.

Take care,

Dr. Sana Ahmed
Medical Epidemiologist
Communicable Disease
Lake County Health Department