





YOU MAY BE ASKED TO DO ANY OF THE FOLLOWING:

WHO SHOULD DO IT?

WHAT IS IT?

<p>SELF-MONITORING</p>		<p>People without symptoms, but who had a low-risk exposure, like being in an airport, restaurant, or in the same building at the same time as someone with a confirmed case of COVID-19.</p>	<ul style="list-style-type: none"> • Practice social distancing. • Check and record your temperature 2x a day and watch for symptoms. • If symptoms develop, CALL your doctor to explain symptoms and possible exposure before going in.
<p>SELF-QUARANTINE</p>		<p>People without symptoms, but who have a higher potential of becoming sick because of where they traveled or having had close contact with someone being tested for COVID-19.</p>	<ul style="list-style-type: none"> • Stay home 24/7 and self-monitor for 14 days. • Family and roommates should practice social distancing. • If symptoms develop, CALL your doctor.
<p>MONITORED QUARANTINE</p>		<p>International travelers and identified close contacts of people who have tested positive for COVID-19.</p>	<ul style="list-style-type: none"> • Same steps as self-quarantine. • Report to Health Department if symptoms develop during your 14 days of quarantine.
<p>SELF-ISOLATION</p>		<p>People sick with symptoms of COVID-19 but not sick enough to be hospitalized.</p>	<ul style="list-style-type: none"> • Stay in a separate room from other household members. • Use a separate bathroom if possible. If you use the same bathroom, keep toothbrushes separate and disinfect all surfaces after each use. • Family/roommates should avoid contact with sick person and practice self-quarantine and monitoring. • Wear a mask if you go into shared spaces. • Stop isolation after the following three things happen: <ol style="list-style-type: none"> 1. No fever for 3 days without fever reducing medicine. 2. Symptoms improved. 3. At least 7 days passed since symptoms first appeared.

Stay home and monitor for symptoms if you have had contact with a person who has tested positive with COVID-19 or traveled to an impacted area.

Monitor your health two times a day; every morning and night for 14 days

- Watch for symptoms: cough, difficulty breathing, sore throat, runny nose or a fever
- Write down any symptoms you experience
- Take your temperature twice a day and write it down. Before you take your temperature:
 - o Wait 30 minutes after eating, drinking or exercising
 - o Wait 6 hours after taking medicines that can lower your temperature: acetaminophen/paracetamol, ibuprofen or aspirin
 - o Clean thermometer with soap and water after use

If you have a fever of 100.4 F (38C), cough or trouble breathing:

- If this is a life threatening emergency call 911
- Call your doctor's office or emergency department **before** seeking care and explain your symptoms and that you are self-monitoring





























Protect Others' Health and Safety

During your self-monitoring period practice good health habits:

- Wash your hands with soap and warm water for 20 seconds and help young children do the same. If soap and water is not available, use an alcohol-based hand sanitizer with at least 60% alcohol
- Cover your mouth and nose with a tissue when you cough or sneeze or cough/sneeze into your upper sleeve. Immediately throw away used tissue in the trash, then wash hands
- Avoid close contact with others, sharing cups or sharing eating utensils
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs
- Practice good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food
- Do not travel, unless you are seeking medical care. Call ahead before seeking care

For more information: <https://bit.ly/2U2xksn>

If you have possible or confirmed COVID-19, two times a day (morning and night), write down your temperature and any COVID-19 symptoms you may have: feeling feverish, coughing, or difficulty breathing. Do this every day for 14 days. Your daily health checks are complete 14 days after you may have been exposed, or as indicated by your healthcare provider.

DAY	DATE	SYMPTOMS	TEMP
DAY 1		 	
DAY 2		 	
DAY 3		 	
DAY 4		 	
DAY 5		 	
DAY 6		 	
DAY 7		 	
DAY 8		 	
DAY 9		 	
DAY 10		 	
DAY 11		 	
DAY 12		 	
DAY 13		 	
DAY 14		 	

If you get sick, contact your healthcare provider. Notify them you are self-monitoring and of any recent travel.



If you have a medical emergency, call 911, and let them know you may have COVID-19.