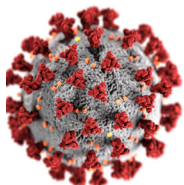


What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a mask that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



COVID-19 Daily Temperature and Symptom Monitoring Worksheet

Date of last close contact* to a person considered to be infectious: _____ + 14 Days = _____ Last date of monitoring

Instructions: Persons who have been exposed to an individual with COVID-19 should monitor themselves for symptoms.

- Take your temperature twice daily; once in the morning and once in the evening and document below.
- Be aware of report any symptoms they are experiencing. For each day, document the morning and evening temperature and place an X in the box next to each symptom that the person is experiencing. If the person is experiencing a symptom that is not listed, it can be written into the row labeled as 'Other' for the corresponding date and time. If the person is not experiencing any symptoms, place an X in the box labeled "No symptoms". **If the person reports a fever or any of the symptoms listed, call your healthcare provider.**

Day	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Date														
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Time of check:														
Temperature	___°F	___°F	___°F	___°F	___°F	___°F	___°F	___°F	___°F	___°F	___°F	___°F	___°F	___°F
Fever (T > 100.4)														
Chills														
Cough														
Shortness of breath/ Difficulty breathing														
Fatigue														
Muscle or body aches														
Headache														
New loss of taste or smell														
Sore throat														
Congestion or runny nose														
Nausea or vomiting														
Diarrhea														
Other (specify)														
No symptoms														

* Close Contact – being within six (6) feet of someone who has been diagnosed with COVID-19 for at least several minutes (usually about 15 minutes) during their infectious period.

COVID-19 Daily Temperature and Symptom Monitoring Worksheet

Day	Day 8		Day 9		Day 10		Day 11		Day 12		Day 13		Day 14	
Date														
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Time of check:														
Temperature	___°F	___°F	___°F	___°F	___°F	___°F	___°F	___°F	___°F	___°F	___°F	___°F	___°F	___°F
Fever (T > 100.4)														
Chills														
Cough														
Shortness of breath/ Difficulty breathing														
Fatigue														
Muscle or body aches														
Headache														
New loss of taste or smell														
Sore throat														
Congestion or runny nose														
Nausea or vomiting														
Diarrhea														
Other (specify)														
No symptoms														