



COVID-19 Daily Self-Screening Tool

**For the health and well-being of those around you,
ASK these questions EVERY DAY BEFORE leaving home.**

Have you or has anyone in your household had any of these symptoms in the last 24 hours?

- 1 **New/worsening respiratory symptoms***
(cough and/or shortness of breath)
- 2 **Vomiting** and/or **diarrhea**
- 3 **Fever** (temperature of >100.4°F at rest)
- 4 **Loss of smell or taste***
- 5 **Two or more of these symptoms*:**
 - sore throat
 - chills
 - abdominal pain
 - headache
 - nasal congestion
 - fatigue
 - muscle pain or body aches

* New symptoms are different than symptoms of ongoing health issues such as asthma, allergies, reflux, or COPD.

IF you or anyone in your household:

- 1 Is **WAITING** for COVID-19 test results,
- 2 Is **DIAGNOSED** with COVID-19 by **TESTING POSITIVE**,
- 3 Is **DIAGNOSED** with COVID-19 by a healthcare provider but is **NOT TESTED**,
- 4 Has been told by **WCHD to ISOLATE**, or
- 5 Has **SYMPTOMS** (above), has **NOT SEEN** a healthcare provider, has **NOT BEEN TESTED**, and is monitoring symptoms at home,

Have you been in close contact
(within 6 feet for more than 15 minutes)
with a person who has been diagnosed with COVID-19 while the person was contagious
(48 hours before symptoms began through recovery)?

If you answer YES to any of these:

- ▶ **Do NOT go to school/work.**
You and everyone in your home should isolate at home until cleared to return to school/work.
- ▶ **Contact your school/supervisor.**
- ▶ **Call your healthcare provider or Washoe County Health District (WCHD) COVID-19 Hotline at (775) 328-2427.**

If you answer NO to all of these:

- ▶ **Go to school/work.**
- ▶ **Continue to monitor** your health.

You or someone in your household has or may have COVID-19:

- ▶ **Do NOT go to school/work.**
- ▶ **Communicate** with your school/supervisor.
- ▶ **Visit WCHD online for information:**
[covid19washoe.com/self-isolation-quarantine](https://www.washoe.gov/covid19washoe.com/self-isolation-quarantine)
- ▶ **The COVID-19 patient must ISOLATE at home until recovered, defined as:**
 - (1) **at least 10 days have passed since the first symptom, AND**
 - (2) **24 hours have passed since fever, vomiting, AND diarrhea stopped** (without medicine), **AND**
 - (3) **other symptoms have improved.**
- ▶ **Everyone in the household, who has not had COVID-19, must ISOLATE at home until**
 - (1) **the patient has recovered** (see above), **AND**
 - (2) **14 days have passed since the last recovery.**

You have been exposed to COVID-19:

- ▶ **Do NOT go to school/work.**
- ▶ **Communicate** with your school/supervisor.
- ▶ You must **QUARANTINE at home for 14 days.**
- ▶ If, at any point, you develop symptoms, **ISOLATE and call WCHD COVID-19 Hotline at (775) 328-2427.**

If you have other COVID-19 related questions, contact the WCHD COVID-19 Hotline at (775) 328-2427.