

# COVID-19 Self-Screening Flowchart

## Do you have COVID-19 symptoms<sup>1</sup>?

**One (1) or more:**

- Fever**  
(temperature  $\geq 100.4^{\circ}\text{F}$  at rest)
- New/worsening<sup>1</sup> respiratory symptoms**  
(cough, shortness of breath and/or difficulty breathing)
- New loss of smell or taste**

**OR Two (2) or more:**

- Chills
- Feeling cold/shivering
- Muscle pain or aches
- Headache
- Sore throat
- Fatigue
- Nasal congestion
- Nausea
- Vomiting<sup>2</sup>
- Diarrhea<sup>2</sup>

<sup>1</sup> New symptoms are different than symptoms of ongoing health issues such as asthma, allergies, reflux, or COPD.

<sup>2</sup> If the only symptom is vomiting or diarrhea (no other symptoms) and you have not been in close contact with anyone with COVID-19, stay home for 48 hours after last vomit or diarrhea without medicine.

## Have you been exposed to COVID-19?

### Have you been in Close Contact

(within 6 feet for  $\geq 15$  minutes) or direct contact (kissing, sharing food, hugging)

### with anyone diagnosed with COVID-19

(positive lab test or clinical diagnosis)

when they were contagious (48 hours before their symptoms began through their recovery)?

### Does anyone in your household have COVID-19?

If you are unable to isolate from anyone in your home who has been diagnosed with COVID-19, your exposure is ongoing. Quarantine while the person is contagious and for 10 days after their recovery.

