

COVID-19 Management from Self-Screening to Exclusion

Do you have COVID-19 symptoms or are you feeling ill?

- Fever (temperature > 100.4°F at rest) Two or more other symptoms:
- New/worsening cough or breathing problems
- Vomiting and/or diarrhea
- New loss of smell or taste

 Two or more other symptoms: sore throat, chills, abdominal pain, headache, nasal congestion, fatigue, muscle pain or body aches (within 6 feet for more than 15 minutes) with a person who has COVID-19 (positive lab test or clinically diagnosed) when they are contagious

Have you had close contact

(48 hours before symptoms begin through recovery)? For other symptoms, visit WCHD online or see WCSD Self-Screening Tool. **QUARANTINE** Do you have COVID-19 (separate and **YFS** CLEAR to go to symptomsor to ANY restrict movement) school/work are you feeling ill? question ▶ Do <u>NOT</u>go See WCSD Self-Screening Tool. to school/work Contact school Daily Procedure Self-screen daily before going to **SELF-ISOLATE** school/work. Self-monitor your health (separate self from throughout the day. non-infected individuals) Wear a face covering at school and in public places. Monitor Health Seek medical advice from Wash hands frequently with soap If, at any point, you have symptoms, SELF-ISOLATE. our healthcare provider or and water. WCHD COVID-19 Take temperature twice a day. Maintain 6 foot distance. Self-monitor for symptoms of COVID-19 Hotline. Disinfect and clean high-touch throughout the day. areas routinely. Avoid contact with people at higher risk*. Maintain 6 foot physical distance from others at all times. Were you tested Contact your school/work with updates. for COVID-19? WCHD COVID-19 Hotline CLEAR to go to (775)328-2427school/work

* Information is available online: