COVID-19 Self-Screening Flowchart

Do you have COVID-19 symptoms?*

☐ Fever (temperature ≥100.4°F at rest)
☐ New/worsening respiratory symptoms (cough, shortness of breath and/or difficulty breathing)
☐ New loss of smell or taste

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

OR

Two (2) or more:
- Chills
- Feeling cold/shivering
- Muscle pain or aches
- Headache
- Sore throat
- Fatigue
- Nasal congestion
- Nausea
- Vomiting
- Diarrhea

Have you been exposed to COVID-19?

Have you been in Close Contact (within 6 feet for ≥ 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.

WCHD Online Assessment: COVID19Washoe.com | WCHD Hotline: (775) 328-2427 | WCSD Employee Health Nurse (STAFF ONLY): (775) 348-0338

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