



COVID-19 Self-Screening Flowchart

Do you have COVID-19 symptoms¹?

One (1) or more:

- Fever**
(temperature $\geq 100.4^{\circ}\text{F}$ at rest)
- New/worsening¹ 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
- Vomiting²
- Diarrhea²

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

² 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 ≥ 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.

