

## ARE YOU EXPERIENCING SYMPTOMS?

**YES**  
I have symptoms

**NO**  
symptoms

## FOLLOW CDC GUIDELINES

Stay at home  
Separate from others  
Call your healthcare provider  
Complete the [COVID-19 Reporting Form](#)



### SYMPTOMS:

- Fever
- Cough
- Muscle aches
- Sore throat
- Shortness of breath
- Chills
- New/unusual headache
- Nausea, vomiting, diarrhea or loss of appetite

Have you been in contact with someone who has been diagnosed with or tested positive for COVID-19?

**YES**

**NO**

Practice social distancing and good hygiene

**NON CLOSE CONTACT**

**OUTSIDE 6FT OR WITHIN 6FT FOR BRIEF TIME**  
Practice social distancing and good hygiene AND watch for symptoms.

OR

**DIRECT PHYSICAL CONTACT**  
(OR CLOSE CONTACT)

**WITHIN 6FT FOR 15MIN OR MORE**  
Watch for symptoms, quarantine yourself for 14 days & Complete the [COVID-19 Reporting Form](#)

## HOW DO I...

### Self-Quarantine

- Stay home for 14 days
- Avoid contact with other people
- Don't share household items

### Self-Monitor

- Be alert for symptoms of COVID-19, especially a dry cough or shortness of breath.
- Take your temperature every morning and night and write it down.
- Call your doctor if you have trouble breathing or a fever.
- Don't seek medical treatment without calling first!

### Physical Distancing

- Stay home as much as possible.
- Don't physically get close to people.
- Try to stay 6 feet away from others.
- Don't hug or shake hands.
- Avoid groups of people.