

STOP! HOW ARE YOU FEELING?

Self-screen to monitor your daily health and identify COVID-19 symptoms.

If you have/had a temperature at or above 100.4° or any of the following symptoms **PLEASE STAY HOME**, seek medical attention, and contact your supervisors/instructors.



COUGH

ABNORMAL,
NOT COMMON FOR YOU



FEVER

AT OR ABOVE
100.4°



CHILLS



MUSCLE PAIN



DIFFICULTY BREATHING

SHORTNESS OF BREATH



SORE THROAT



NEW LOSS OF SMELL/TASTE

SEEK IMMEDIATE MEDICAL CARE IF YOU EXPERIENCE THE FOLLOWING:

Labored Breathing | Persistent Pain or Pressure in the Chest | New Confusion

Inability to Wake or Stay Awake | Bluish Lips or Face



This was developed using guidance from the CDC. Self-monitor for symptoms, including fever on a daily basis. If you begin to exhibit symptoms midday please stay home, seek medical attention, and contact your supervisors/instructors.

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COVID-19: QUARANTINE VS ISOLATION

Read next steps for COVID-19 related situations to prevent exposing others to the virus.

If you have been in close contact with a person who has tested positive for COVID-19, are exhibiting COVID-related symptoms, are awaiting testing results, or have tested positive for COVID-19 complete the report at: www.crowder.edu/covid-19

QUARANTINE

Keeps someone who was in close contact with someone who has COVID-19 away from others.

If you had close contact with a person who has COVID-19:

Within 6ft of an infected person for 15min or more starting from 2 Days before the illness onset or 2 Days prior to testing

- Stay home until **14 Days** after your last contact
- Check your temperature **twice a day** and watch for symptoms of COVID-19
- If possible, stay away from people who are at a higher risk for getting very sick from COVID-19

If you are a contact who has tested negative, complete the full duration of quarantine (14 Days) even if you are not exhibiting symptoms.

If you are a contact who has tested positive, begin isolation procedures.

ISOLATION

Keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

If you are sick and think/know you have COVID-19:

- Stay home until after
 - **1 Day** with no fever and
 - Symptoms improved and
 - **10 Days** since symptoms first appeared

If you tested positive for COVID-19 but do not have symptoms:

- Stay home until after
 - **10 Days** have passed since your positive test
- If you live with others, **stay in a specific "sick room"** or area and away from other people or animals, including pets. (Use a separate bathroom, if available.)

If you live with a someone who has tested positive you may expect to be home up to 24 Days.

14 Days of Quarantine + 10 Days Isolation = 24 Days