



Guidance for Persons Practicing Self-Monitoring for COVID-19

This guidance is to help you monitor your health for up to 14 days because you have been potentially exposed to novel coronavirus (COVID-19). This does NOT mean that you will necessarily get sick with novel coronavirus.

Why are you being asked to check your temperature and symptoms for 14 days?

It is very important for you to monitor your health so that you can be taken care of and treated quickly if you get sick. Currently, health experts believe that 14 days is the longest time between when you may have been exposed to COVID-19 and when symptoms may begin.

What are the signs and symptoms of COVID-19?

The most common signs and symptoms of COVID-19 are fever, cough, and difficulty breathing. Symptoms may also include fatigue and muscle aches. These symptoms can also be due to many other illnesses. If you develop a fever or other symptoms, it doesn't necessarily mean that you have novel coronavirus. However, should you develop symptoms, you should call your healthcare provider and inform them that you may have been exposed to COVID-19.

How should you monitor your health during this time period?

Record your temperature and any symptoms you experience. At any sign of COVID-19 symptoms, please call your healthcare provider for further guidance. Report to them your travel history and your symptoms.

Instructions for monitoring your temperature and symptoms

- Take your temperature orally (by mouth) with a digital thermometer **2 times a day**:
 - **once in the morning and**
 - **again in the evening.**
- Write down your temperature on the form twice a day, every day.
- If you forget to take your temperature, take it as soon as you remember.
- Mark if you have any of the signs or symptoms of novel coronavirus infection listed on the form.

What should I do if I become ill during this monitoring period?

Please seek medical attention if you feel you have developed any symptoms. Please **call ahead** to your provider's office to ensure that they have the capability to test for COVID-19. Your provider will evaluate you for COVID-19 or other possible illnesses.

Where should you call if you have questions?

You are welcome to call Eastern Idaho Public Health's COVID-19 Hotline at 208-533-3152 with any questions you may have. You may also call your healthcare provider.