Self-Monitor for COVID-19

If you or anyone in your household develops these symptoms
ISOLATE!!

WATCH FOR THESE COMMON SYMPTOMS

- COUGH
- FATIGUE
- TROUBLE BREATHING
- SORE THROAT
- FEVER

If you develop any of these symptoms, avoid contact with others to reduce the spread of the virus. DO NOT REPORT TO WORK. Notify your Direct Supervisor who can provide information on your company’s protocols.

Check your local Health & Human services website to find the most up-to-date testing recommendations in your area. DO NOT GO TO THE ER without calling first. Wear a mask if you must leave the house.

Monitor your symptoms carefully. If symptoms become severe or you are in a High-Risk category call your ER or Family Doctor IMMEDIATELY. (COVID-19 HIGH RISK Individuals are defined as >65 years old, immune compromised, preexisting lung or heart conditions, or high blood pressure)

For more information on self-Isolation tips to keep your household safe, see the document “How to Successfully Self-Isolate”