



## **GUIDANCE FOR PERSONS UNDER SELF-MONITORING for COVID-19**

We understand your concern and your safety is our #1 priority. This information is to help you closely monitor your health for up to 14 days in case you have been exposed to COVID-19. This does NOT mean that you will get sick with the virus.

### **Why are you being asked to check your temperature and symptoms for up to 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. Based on what is known from other coronavirus infections, 14 days is the longest time between when you could have potentially been exposed to COVID-19 and when symptoms begin.

### **What are the signs and symptoms of COVID-19?**

The most common symptoms of COVID-19 are fever and cough, shortness of breath, more rarely sore throat, muscle aches, and abdominal discomfort. These symptoms can also be due to many other illnesses. If you develop a fever or any symptoms, it doesn't mean you have COVID-19. However, if your fever and symptoms worsen, contact your health care provider.

### **How should you monitor your health during this time period?**

This document has a form attached to record your temperature and symptoms. If you are experiencing any symptoms on the form and they are worsening with time, seek prompt medical attention and contact your health care provider.

### **Instructions for monitoring your temperature and symptoms**

- Each day take your temperature twice and record your temperature and the presence or absence of all symptoms on the 14-day fever and symptom log.
- Take your temperature orally (by mouth) with a digital thermometer two 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.
  - Record if you are taking medications that could lower your body temperature, including aspirin (acetylsalicylic acid), Tylenol® (acetaminophen), Motrin® or Advil® (ibuprofen), Aleve® (naproxen). If you're taking one of these medications, take your temperature before your next dose.
- Report any health conditions and medication(s) currently being taken with your health care provider.
- Mark if you have any of the symptoms of COVID-19 listed on the form.
- If you're experiencing any symptoms on the form and they are worsening with time, seek prompt medical attention and contact your health care provider.

### **What should you do if you become ill during the monitoring period?**

It is important to minimize the risk of exposure to residents and health care providers in the District. If you become ill at any time within your monitoring period, please call ahead before visiting your doctor and tell them you may have COVID-19. This is important for the health care provider to take the necessary steps to keep other people from getting infected or exposed. **DO NOT GO** to a clinic or hospital without first calling your health care provider.

#### **More information about COVID-19:**

- DC Health, <https://coronavirus.dc.gov/>
- DCHA, [www.dcha.org/quality-safety/coronavirus](http://www.dcha.org/quality-safety/coronavirus)
- CDC, [www.cdc.gov/coronavirus/2019-nCoV/index.html](http://www.cdc.gov/coronavirus/2019-nCoV/index.html)
- For general inquiries, call 202-576-1117

