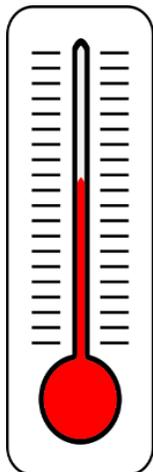


COVID-19 Daily SELF-ASSESSMENT

People with COVID-19 have had a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus.**



DO YOU HAVE **ANY** OF THESE SYMPTOMS?

- FEVER??** (no use of fever reducing meds in past 24 hours)
- CHILLS and/or SWEATS??**
- COUGH?**
- SHORTNESS OF BREATH??**
- DIFFICULTY BREATHING??**
- FATIGUE??**
- MUSCLE ACHES??**
- NEW LOSS OF TASTE OR SMELL??**

Headache? Sore Throat? Runny Nose? Congestion? Nausea? Vomiting? Diarrhea?

STAY HOME and **contact your Healthcare Provider-**

ask if they recommend: a **COVID TEST?** further evaluation?

For information about testing sites **ASK YOUR PROVIDER**, <http://www.ehhd.org/> or look on www.211.org

When to seek emergency medical attention/ CALL 911

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

STAY HOME IF YOU ARE SICK !

CONTACT YOUR SCHOOL NURSE WHEN ABSENT WITH SYMPTOMS & TEST RESULTS