



## Coronavirus (COVID-19) Self-Monitoring Information

### Guidance for persons being monitored for coronavirus

This guidance is to help you closely monitor your health for up to 14 days because you may have been exposed to coronavirus. This does NOT mean that you will get sick with coronavirus. It is very important for you to monitor your health so that you can be taken care of and treated quickly if you do get sick. Based on what is known from other coronavirus infections, 14 days is the longest time between when you were last exposed to coronavirus and when symptoms begin.

### What are the signs and symptoms of coronavirus?

The most common symptoms of coronavirus are fever and cough. Some people also report difficulty breathing, 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 coronavirus.

### Practice protective and careful measures during this time period.

- You are not under quarantine or isolation, but you should avoid contact with others and try to isolate yourself to keep the risk of secondary transmission at its lowest.
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.
- Clean your hands often using soap and water, or a hand sanitizer that is 60%-95% alcohol.
- Limit travel on public transportation.

### Instructions for monitoring your temperature and symptoms:

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

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

**DO NOT GO** to a clinic or hospital without first calling your primary care provider, or one of the numbers below. If your symptoms are mild, it is possible that you may be able to remain at home.

- **EMPLOYEES CONTACT: Your primary care provider or**
  - **Escambia County Health Department Phone 850-595-6500**
- **STUDENTS CONTACT: UWF Student Health Services Phone: 850-474-2172**
  - **If it is determined that you need medical attention, Student health Services will assist your preferred hospital to prepare to greet you and take care of you in the safest possible way.**

If you feel your symptoms are at EMERGENCY LEVELS i.e. shortness of breath, fever over 100.4°F, chest pain etc., that cannot wait until the morning, call 911 and explain that you are being monitored for potential exposure to coronavirus and need emergency medical care.

## 14-day incubation period observations

Take your temperature twice a day, in the morning and in the evening, and write it down. Mark if you have any of the symptoms: circle 'Y' for Yes and 'N' for No. Don't leave any spaces blank.

DATE	TIME	Temperature	Cough	Fatigue or aches	Shortness of Breath	Diarrhea	Chills
1	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
2	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
3	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
4	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
5	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
6	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
7	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
8	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
9	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
10	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
11	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
12	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
13	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
14	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N