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DEFINITIONS

SYMPTOMS

- Self-Monitor
- Self-Quarantine
- Self-Isolate

WHAT DOES IT ALL MEAN?

• SELF-MONITOR: Monitor yourself for symptoms consistent with COVID-19 infection, including cough, shortness of breath, fever, and fatigue. Persons with known exposure to COVID-19 infection are asked to check for symptoms including fever twice daily about 12 hours apart. Persons with COVID-19 infection should document symptoms to enable accurate determination of duration of isolation.

• SELF-QUARANTINE: Persons with known exposure to a person with COVID-19 infection should remove themselves from situation where others could be exposed/infected should they develop infection, and self-monitor to identify if COVID-19 infection develops. After 14 days, if there has been no development of respiratory illness symptoms you may end self-quarantine.

• SELF-ISOLATE: Persons with clinical or lab-confirmed COVID-19 infection should eliminate contact with others. May discontinue self-isolation if at least 7 days of onset of symptoms no fever for 72 hours without fever reducing medications, and all respiratory symptoms have improved.

Given the consequences of widespread transmission, public health authorities nationally are broadening the range of clinical syndromes warranting SELF-ISOLATION:

- Temperature $\geq 100.4^{\circ}$ F
- Cough
- Shortness of breath
- Sore throat

To limit potential transmission, if any of these symptoms are present, alone or in combination (*in the absence of a known alternative diagnosis*), patients should SELF-ISOLATE