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Adapted from State of Washington Screening

## Self-Monitoring Guidance for Persons with Potential COVID-19 Exposure

This guidance is to help you closely monitor your health for up to 14 days because you may have been exposed to a novel coronavirus (COVID-19) patient. This does **NOT** mean that you will get sick with novel coronavirus.

### Why are you being asked to check your temperatures 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 were last exposed to the novel coronavirus and when symptoms begin.

### What are the signs & symptoms of novel coronavirus?

The most common symptoms of novel coronavirus are fever and cough, sometimes 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 does not mean you have novel coronavirus, but you should follow up with the **Delaware Department of Public Health (DPH) call center at (866) 408-1899**.

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

You were given a form to record your temperatures and symptoms. If you experience any symptoms on the form you must contact the **DPH call center at (866) 408-1899**. If you are a Beebe Healthcare worker you are asked to call **Beebe Healthcare Employee Health at (302) 645-3100 X8195** for further recommendations.

### Instructions for monitoring your temperatures and symptoms

- Each day, take your temperature & record your temperature and the presence or absence of listed symptoms on the **14-day fever & symptom log**.
- Take your temperature by mouth with a digital thermometer **2 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 any medication that could lower your body temperature, including aspirin (acetylsalicylic acid), Tylenol® (acetaminophen), Motrin® or Advil® (ibuprofen), Aleve® (naproxen). If you are taking one of these medications, please take your temperature **before** your next dose of medication.
- Report any other medication taken and any current health conditions.
- Mark if you have any of the symptoms of novel coronavirus listed on the form.
- If you have fever or symptoms listed on the form, immediately call State of DE Public Health at (866)408-1899.

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

Call **DPH at (866)408-1899** and follow their instructions. If you cannot immediately reach DPH, please call your doctor or your local hospital. Inform them that you are being monitored by DPH for potential exposure to novel coronavirus and need follow-up medical care and testing.