

STOP! HOW ARE YOU FEELING?

Monitor your daily health for COVID-19 symptoms.

If you have/had a temperature or any of the following symptoms **PLEASE STAY HOME**, seek medical attention, and contact your supervisors/instructors.



COUGH
ABNORMAL OR
NOT COMMON FOR YOU



FEVER



CHILLS



**DIFFICULTY
BREATHING**
SHORTNESS OF BREATH



MUSCLE PAIN



SORE THROAT



**NEW LOSS OF
SMELL/TASTE**



**VOMITING/
DIARRHEA**

If you have been in close contact with a person who has tested positive for COVID-19, are exhibiting COVID-related symptoms, are awaiting testing results, or have tested positive for COVID-19 complete the report at: www.crowder.edu/covid-19

COVID-19: QUARANTINE VS ISOLATION

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QUARANTINE

Keeps someone who was in close contact with someone who has COVID-19 away from others.

If you had close contact with a person who has COVID-19:

Within 6ft of an infected person for 15min or more starting from 2 Days before the illness onset or 2 Days prior to testing

Are you experiencing symptoms?

Only close contacts who are showing symptoms or living with a positive case will be asked to quarantine.

- If you are not showing symptoms, you do not need to quarantine. The CDC recommends testing 5 days after exposure and wearing a mask around others for 10 days.
- If you are showing symptoms, quarantine immediately, complete a COVID-19 report, and contact a medical provider for next steps.
- If you live with a positive case and are unable to isolate from the positive case, you will quarantine during the 5 day isolation, plus an additional 5 days after the positive case has been released from isolation (for a minimum of 10 days).

If you are a contact who has tested positive, begin isolation procedures.

ISOLATION

Keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

If you are sick and think/know you have COVID-19:

- Stay home until after
 - **1 Day** with no fever and
 - Symptoms improved and
 - **5 Days** since symptoms first appeared
- Wear a mask around others for an additional 5 days.

If you tested positive for COVID-19 but do not have symptoms:

- Stay home until after
 - **5 Days** have passed since your positive test
- If you live with others, **stay in a specific "sick room"** or area and away from other people or animals, including pets. (Use a separate bathroom, if available.)
- Wear a mask around others for an additional 5 days.