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## Guidance for Persons Being Monitored for COVID-19

These guidelines provide information to help you monitor your health for 14 days, as you may have recently traveled to an area with COVID-19 or have been exposed to an ill person. This does NOT mean you will get sick with COVID-19.

### What are the signs and symptoms of COVID-19?

Common symptoms include fever (>100.4 F), cough, and shortness of breath. Less common symptoms include sore throat and abdominal discomfort. Many other illnesses can cause these symptoms, so development of these symptoms does not mean you have COVID-19. However, you should follow-up with your local health department and healthcare provider.

### Why are you being asked to monitor your temperature and symptoms for 14 days?

Monitoring your temperature and symptoms is important so you can be assessed quickly if you get sick. Based on knowledge of other coronavirus infections, 14 days is the longest amount of time from when you may have been exposed to COVID-19 and when symptoms may begin.

### What should you monitor during this time period?

Use the form provided to record your temperature and any symptoms you experience.

#### *Instructions for monitoring temperature and symptoms:*

- Take your temperature with a digital thermometer orally (by mouth) **twice daily** – once in the morning and again in the evening, approximately 12 hours apart.
- Record your temperature on the form twice daily, every day.
- If you forget to take your temperature, take it as soon as you remember.
- If you have any symptoms of COVID-19 listed on the form, mark them.
- If you have a fever, or any symptoms listed on the form, call your local health department immediately. If you cannot get in touch with them, call the Utah Department of Health immediately at 1-888-EPI-UTAH (374-8824).
- **If you are ill and need medical attention immediately, call your healthcare provider and let your healthcare provider know you are being monitored for COVID-19.**

## What is active monitoring vs. self-monitoring?

**Active monitoring** means your local health department will contact you once daily, at a minimum, to check on you and ask about any symptoms you may be experiencing. **Self-monitoring** means you will notify your local health department if you develop a fever or any symptoms listed on the form. You are under:

- Active monitoring (local health department will contact you daily)
- Self-monitoring (you will contact local health department if you have symptoms)

Regardless of the type of monitoring, if you experience fever or any symptoms listed on the form, immediately call your healthcare provider, local health department or the Utah Department of Health at 1-888-EPI-UTAH (374-8824).

## What should you do if you get sick while you are monitoring?

**Do not go to a clinic or hospital without first speaking to your healthcare provider, local health department or the Utah Department of Health.** If you need medical evaluation, the healthcare facility and emergency medical services (EMS) should be notified before your arrival, if EMS/ambulance transport is indicated. This will help coordinate your arrival and help the clinic and EMS make the necessary preparations to care for you in a safe way.

## What is social distancing?

Social distancing means avoiding crowded places (such as shopping centers, movie theatres), avoiding mass gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others, when possible. Even if you are not sick or have symptoms, you should stay home from work, school, or church, and avoid going to public areas or using public transportation, during your monitoring period. To keep your friends and family healthy, avoid having visitors or family members in your home who do not need to be there. If you are unable to have food delivered to your home and you are asymptomatic, it is recommended that you go to the store during off hours to avoid larger crowds.

## What to do if you are sick?

If you begin to feel sick and have been asked to isolate yourself by the health department, you should stay in your home unless you require medical care.

If you become sick and family members need to stay in the home or you have any visitors, you should wear a mask when in the same room as them. If you cannot wear a mask, your family members and visitors should wear a mask when they are in the same room as you.

You can also protect your family and friends by following these measures:

- Cover your sneezes and coughs with a tissue or your elbow (not your hand).
- Wash your hands frequently with soap and water. Your family and friends should also wash their hands often.
- Do not share cups, dishes, or bedding with anyone.
- Clean and disinfect areas every day that you might touch a lot, including counters, door handles or door knobs, toilets, phones, and bedside tables.
- Wash your clothing, towels, and bedsheets often.

If circumstances arise calling for a more formal restriction, the Utah Department of Health or Local Health Department may issue an order of restriction for which you may give consent or it may be involuntary, ordering treatment, isolation or quarantine in accordance with Utah Code Title 26 Chapter 6b.