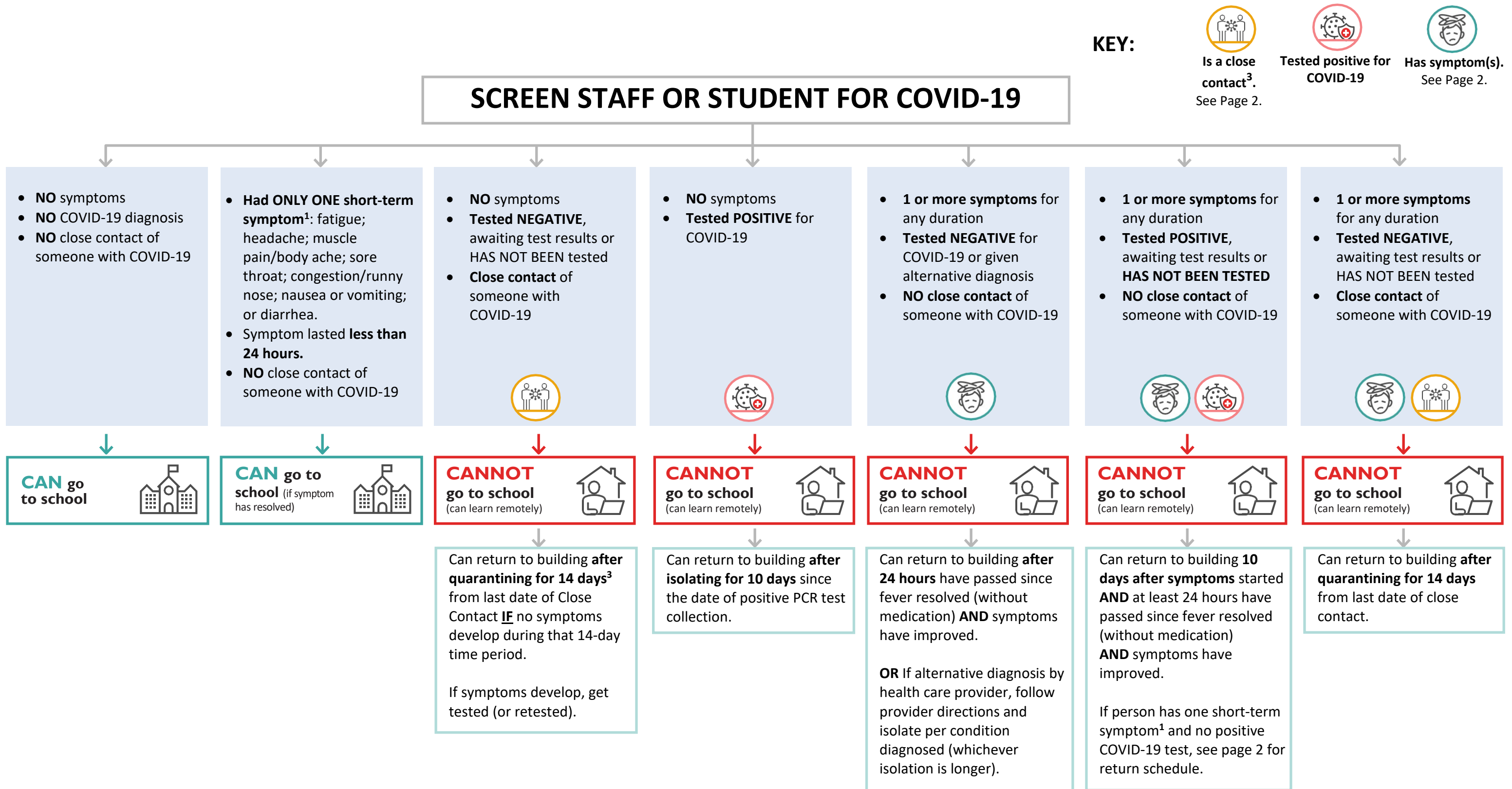


# COVID-19 Symptom Flow Chart



# COVID-19 Symptom Flow Chart



## COVID-19 SYMPTOMS<sup>2</sup>

- Fever (100.4°F / 38°C or higher)
- Cough
- Loss of taste or smell
- Chills
- Shortness of breath or Difficulty breathing
- Fatigue
- Headache
- Muscle pain or body aches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

<sup>2</sup>That are not explained by a preexisting condition, such as asthma.

<sup>1</sup>A **short-term symptom** is defined as: A person has **only one of the following symptoms** (fatigue; headache; muscle pain or body aches; sore throat; congestion or runny nose; nausea or vomiting; or diarrhea) **AND** the symptom begins and resolves in less than 24 hours **AND** no known COVID-19 exposure (close contact).

A person can return to school the next day if the short-term symptom resolves. A COVID-19 test is not required.



## CLOSE CONTACT DEFINITION<sup>3</sup>

“Close Contact” includes anyone in one or more of the following categories:

- Been within 6 feet (2 meters) of a person with COVID-19 for a combined total of 15 minutes or more within a 24-hour period
- Live in the same household as a person with COVID-19
- Cared for a person with COVID-19
- Been in direct contact with saliva or other body secretions from a person with COVID-19 (for example: been coughed on, kissed, shared utensils, etc.)

Public Health will help identify close contacts.

**If you’ve been exposed to someone with COVID-19 and you have no symptoms, Public Health recommends the following:**

1. Stay in quarantine for 14 days after your last contact. **This is the safest option.**
2. If this is not possible, stay in quarantine for 10 days after your last contact, without additional testing.
3. If the first two options are not possible, stay in quarantine for 7 full days beginning after your last contact **and** if you receive a negative test result (get tested no sooner than day 5 after your last contact). *This option depends on availability of testing*