

MY DAILY CHECK-UP

How do I feel today?

Action:

Green Zone MY ZONE GOAL

- Have no flu-like symptoms: (fever, chills, cough and shortness of breath)
- Have not traveled in the last 14 days
- Have not had direct, close contact, greater than 15 minutes, with someone who is positive or presumptive positive for COVID-19

1. Wear a mask over your nose and mouth when in public or around others who are not part of your household.
2. Maintain social distancing.
3. Frequent hand washing and hand hygiene.
4. Avoid unnecessary travel.
5. Self-monitor for symptoms.

Yellow Zone CAUTION

- Have had close contact, greater than 15 minutes, with someone who is positive or presumptive positive for COVID-19

1. Contact your PCP to alert them that you have had a potential exposure. *testing may be offered*
2. You must quarantine for up to 14 days.
3. Wear a mask over your nose and mouth when in public or around others who are not part of your household.
4. Maintain social distancing.
5. Frequent hand washing and hand hygiene.
6. Avoid unnecessary travel.
7. Self-monitor for symptoms.

- Have a fever of 100.3+ OR a new respiratory symptom with no other symptoms

1. Do not go to work.
2. Contact your PCP for further guidance. *testing may be offered*
3. Wear a mask over your nose and mouth when in public or around others who are not part of your household.
4. Maintain social distancing.
5. Frequent hand washing and hand hygiene.
6. Avoid unnecessary travel.
7. Self-monitor for additional symptoms.

Red Zone MEDICAL ALERT



- Have been diagnosed with COVID-19 or told by a healthcare professional that you may have COVID-19

For COVID positivity/presumed positive:

1. Do not go to work.
2. Contact your PCP for further guidance.
3. You must quarantine until you have been deemed to have had resolution of infection. This is typically 10 days for mild-moderate course of illness or if asymptomatic, 20 days for severe to critical illness or if you are immunocompromised.

- Have traveled outside of your home state within the last 14 days

1. Refer to your state department of health for specific quarantine guidance
2. Self-monitor symptoms