



Coronavirus Disease 2019 Monitoring Instructions

Updated March 16, 2020

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

You may have been exposed to coronavirus disease 2019 (COVID-19), and by monitoring for symptoms carefully twice a day, you can have an early warning that you might be getting sick. Monitoring also allows you and public health officials to know when they need to take precautions so you don't infect others in your home or in the community. The monitoring period is for 14 days because that is the longest interval between when someone is exposed and when they could develop symptoms.

What are the signs and 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 doesn't necessarily mean you have novel coronavirus, but you should follow up with a health care provider.

How should you monitor your health during this time period?

Use the "nCoV Temperature Monitoring Log" to record your temperature and to indicate whether you have any of the symptoms listed on the page.

- Take your temperature ORALLY (under your tongue) with a DIGITAL thermometer *twice a day for 14 days*. Try to take your temperature 12 hours apart each day (for example, 7AM and 7PM).
- Record the time you monitored your symptoms. Mark if you have any of the symptoms of novel coronavirus listed on the form.
- Record your temperature on the form in the appropriate space (morning and evening).
- If you are taking aspirin, Tylenol® (acetaminophen), or MOTRIN® (ibuprofen), take your temperature *before* your next dose.
- If you forget to take your temperature, take it as soon as you remember.
- If your temperature is 100.4°F (38°C) or higher or if you develop any symptom listed on the form, you should contact a health care provider *before* going to seek care.
- Someone will be in contact with you to check in on the monitoring process. You may receive text messages asking whether you have developed symptoms. Please respond to these text messages.

What should I do if I become ill during this monitoring period?

DO NOT GO to a clinic or hospital without first calling ahead. Calling first will help the clinic or hospital prepare to greet you and take care of you in the safest possible way. Tell them that you are being monitored by public health for potential exposure to novel coronavirus and need follow up medical care and testing.

How am I expected to limit my activities during the monitoring period?

You are requested to remain at home or in a similar setting. Avoid congregate or group settings, limit public activities like school and work, and practice social distancing.