

# COVID-19

## E-visit Triage

Asymptomatic  
BUT concerned due to  
possible exposure (travel,  
coworker, random stranger  
coughed on them, etc).



### Strongly consider self-quarantine at home

- Reasonable chance that you are COVID positive.
- Monitor for symptoms.
- 2-week work note if needed
- Testing is optional (depends on systemic resources)

Symptomatic but STABLE regardless  
of prior exposure.

### **SYMPTOMS:**

upper respiratory or lower respiratory  
symptoms.

Cough, fever, shortness of breath,  
rhinorrhea, headaches, sore throat.

### **STABLE:**

Breathing comfortably.

Normal behavior and demeanor.

No syncope, lightheadedness, or dizziness.



### MUST self-quarantine at home

- Consider yourself **COVID-positive**
- OTC medications for symptom management
- 2-week work note if needed
- Testing is optional (depends on systemic resources)

### Symptomatic + UNSTABLE

#### **SYMPTOMS:**

upper respiratory or lower respiratory  
symptoms.

Cough, fever, shortness of breath,  
rhinorrhea, headaches, sore throat.

#### **UNSTABLE:**

- Breathing UNCOMFORTABLY.
- Confused or Change in Behavior.
- Syncope, significant dizziness/lightheadedness.



### Needs to be evaluated in person

- Go to a clinic, urgent care, or ER