



Please replace the logo
with the attached logo





What is this?



This tool is not meant to take the place of consultation with your health care provider or to diagnose or treat conditions. If you're in an emergency medical situation, call your local emergency number.

The following actions help prevent the spread of COVID-19, as well as other coronaviruses and influenza:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces every day.
- Wash your hands often with soap and water.

Please let's create a new page for this so that the text can be bigger



healthcheck

YOUR DAILY HEALTH

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19 or other coronaviruses or influenza:

- Fever or chills
- Cough
- Fatigue
- Muscle or body aches

- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose

- Nausea or vomiting
- Diarrhea or loss of appetite
- Purple or blue lesions on feet and toes
- conjunctivitis (pink eye)

I think we should make the bullet texts a little bigger, if possible

Please correct typos:

- 1. Congestion or Runny nose
- 2. Purple or blue lesions on feet and toes
- 3. Conjunctivitis (Pink eye)
- 4. Diarrhea or loss of appetite



Current Status

You should wait for our team member **jon jones** to contact you and confirm if you should stay at home or come to office



... come to the Office

