What to do if you have been asked to conduct self-observation for coronavirus disease (COVID-19) *(updated 3/14/20)*

If you were advised that you should monitor yourself for symptoms of COVID-19 after a low-risk exposure to someone with COVID-19, please follow the guidance below:

Remain alert for respiratory symptoms (cough or shortness of breath) and fever.

If you feel feverish or develop a cough or shortness of breath:

- Take your temperature
- Limit contact with others.
- Seek health advice. Before going to a doctor's office or emergency room call ahead and tell the provider or office about your recent exposure and symptoms.

Practice strict respiratory etiquette and hygiene including covering your nose and mouth with a tissue when coughing or sneezing and washing hands often with soap and water for at least 20 seconds, or using an alcohol-based hand sanitizer if soap is not available.

Additional things you can do to keep yourself and others healthy are:

- Wash hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizers.
- Avoid touching eyes, mouth and nose with unwashed hands.
- Do not share personal items such as water bottles, smokes and/or vapes.
- Avoid close contact with individuals who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then immediately discard the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Practice social distancing. Avoid large gatherings and stay 6 feet away from other people, as much as possible.