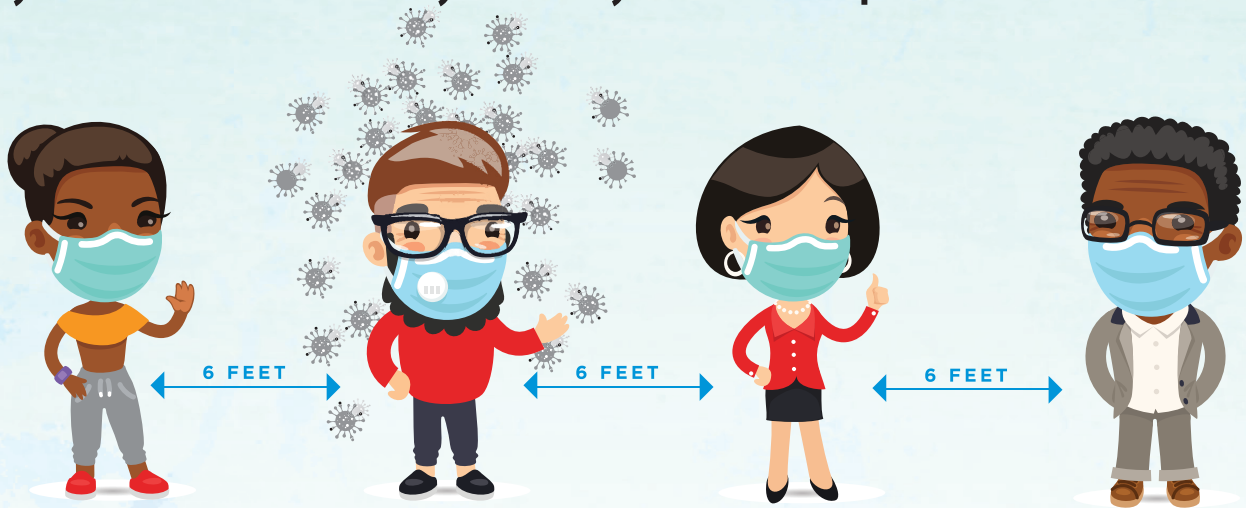


HOW CLOSE HAVE YOU BEEN?

- Have you been close to someone who has COVID or is being tested for COVID?
- Have you been close to someone who was exposed or is in self-quarantine?
- If yes, self-monitor: you may need to quarantine



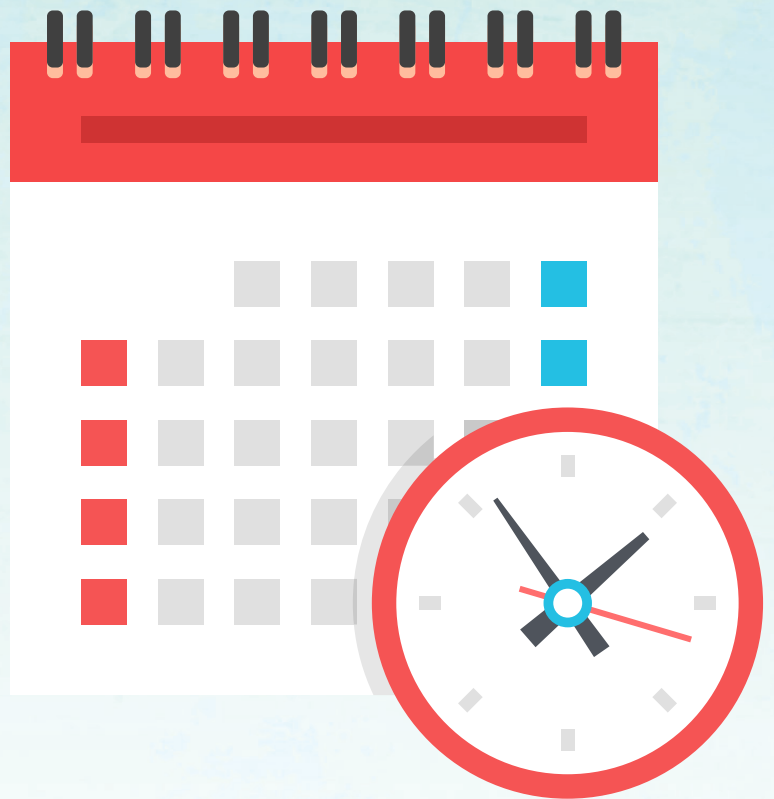
**SELF
MONITOR!**



**STOP
COVID**

WHEN DO SYMPTOMS APPEAR?

- Symptoms typically appear on day 5 or 6 after exposure. However, onset may occur up to 14 days later
- Track your symptoms for 14 days



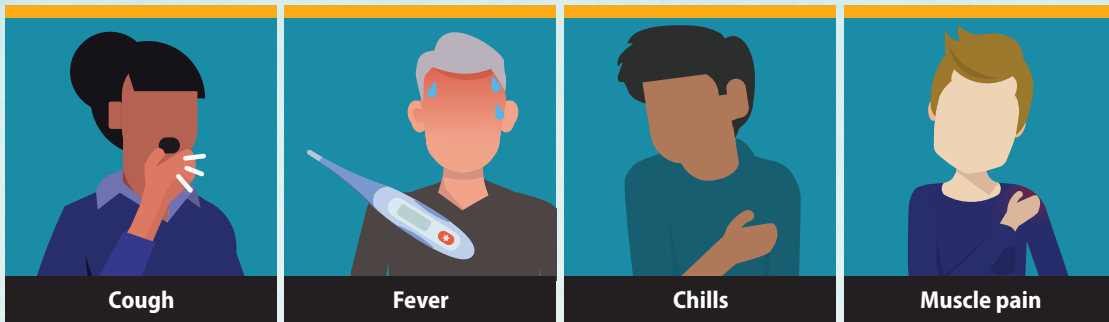
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**STOP
COVID**

KNOW THE SYMPTOMS

YOU COULD EXPERIENCE...































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**STOP
COVID**

LOG IT FOR 14 DAYS- COVID OR NOT!

- Record the date and your symptoms
- Record your temperature morning and evening
- Share this with your doctor

DAY	DATE	SYMPTOMS	TEMP
DAY 0		Day 0 is the day you were last exposed to COVID-19.	
DAY 1		 	
DAY 2		 	
DAY 3		 	
DAY 4		 	
DAY 5		 	
DAY 6		 	
DAY 7		 	
DAY 8		 	
DAY 9		 	
DAY 10		 	
DAY 11		 	
DAY 12		 	
DAY 13		 	
DAY 14		 	

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MONITOR!**



**STOP
COVID**

USUALLY SYMPTOMS ARE MILD TO MODERATE

- Most people manage their illness at home with self-monitoring and isolation
- Your doctor can instruct you on proper care



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**STOP
COVID**

YOU COULD HAVE NO SYMPTOMS

- You can spread COVID without knowing it
- You may never develop symptoms
- Continue social distancing



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**STOP
COVID**

USE A THERMOMETER — DON'T USE YOUR HAND

- A temperature of 100.4 or higher is considered a fever
- Eating, drinking, or exercising — wait 30 minutes to take your temperature
- You could have COVID — talk to your doctor



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**STOP
COVID**

TASTE AND SMELL

- You are 10 times more likely to have COVID if you lose your ability to taste and smell
- You could have COVID - talk to your doctor



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**STOP
COVID**

JUST A COUGH?

- This could be your only COVID symptom
- You could have COVID — talk to your doctor



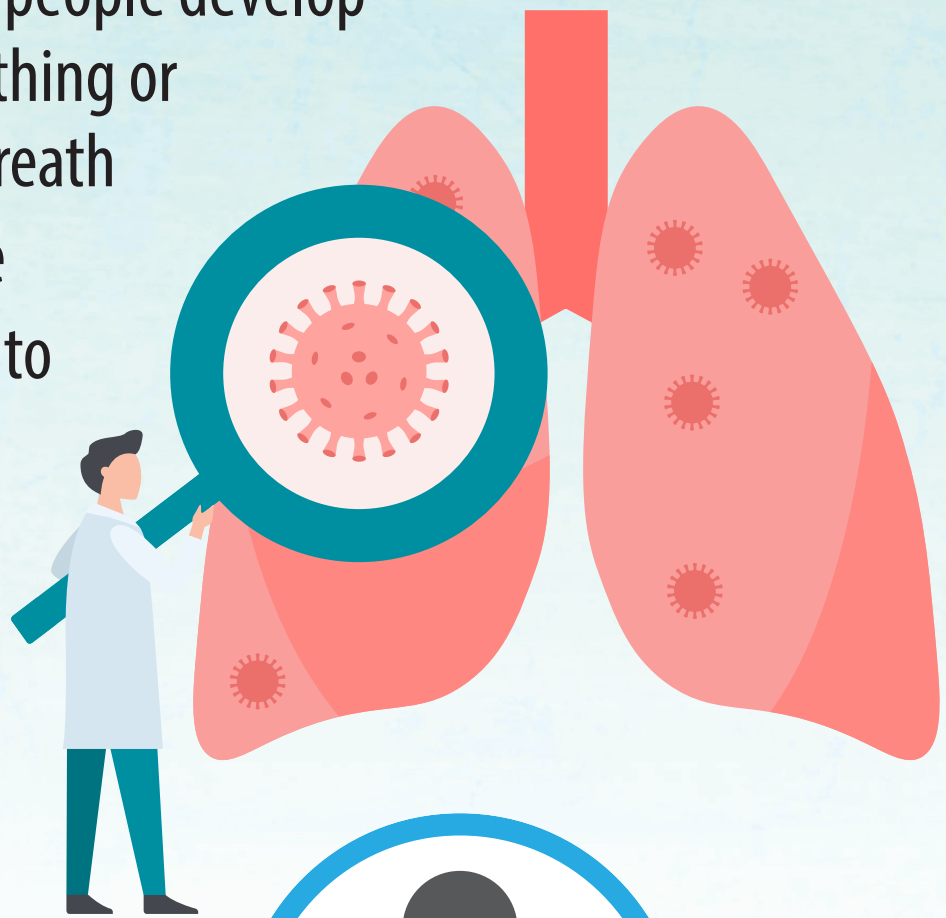
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**STOP
COVID**

DOES IT FEEL LIKE YOU'RE BREATHING THROUGH A STRAW?

- 1 in 5 infected people develop difficulty breathing or shortness of breath
- You could have COVID — talk to your doctor



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**STOP
COVID**

SYMPTOMS CAN BE LIFE THREATENING

SEEK EMERGENCY CARE IF YOU EXPERIENCE...

- Bluish lips
- Severe chest pain
- Confusion
- Difficulty breathing
- Dizziness



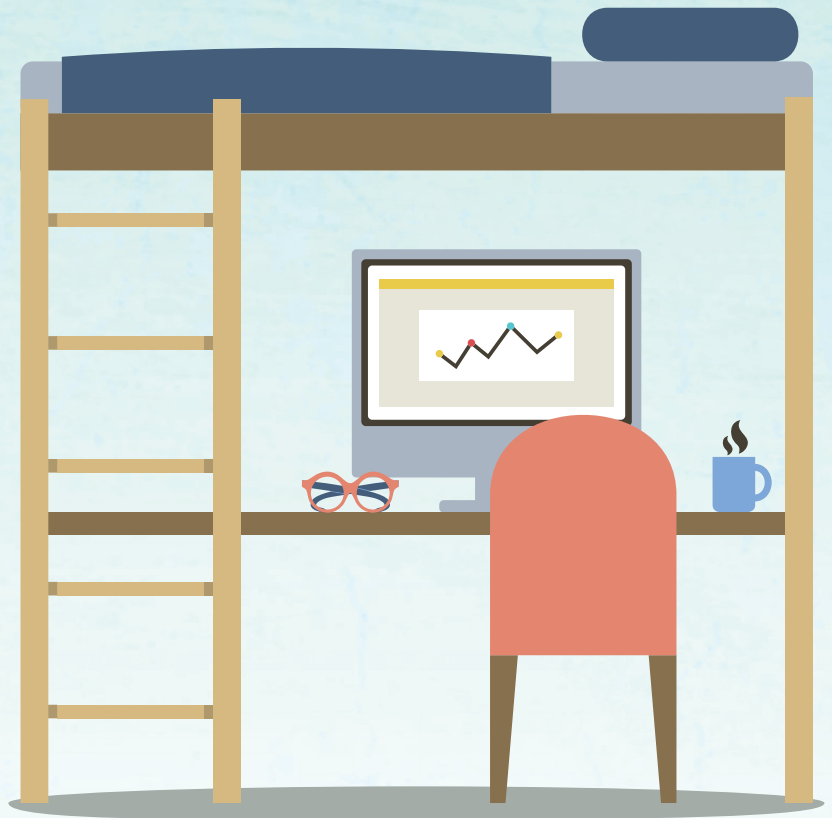
**SELF
MONITOR!**



**STOP
COVID**

SYMPTOMS MEAN STAY HOME

- Immediately self-isolate if you have symptoms
- Monitor your symptoms and talk to your doctor



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MONITOR!**



**STOP
COVID**

ALWAYS KNOW YOUR HEALTH

- Stay alert and be aware of any symptoms
- Talk to your doctor if you have concerns



**SELF
MONITOR!**



**STOP
COVID**