Daily Symptom-Self Check

What You Need to Know

- Anyone can have mild to severe symptoms
- Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

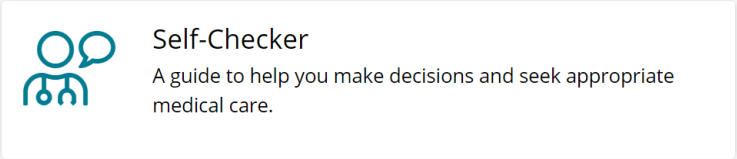
Watch for Symptoms

- Fever (over 100.4 F) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

What to do if You're Experiencing Symptoms

- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Call your supervisor.** As soon as practicable, **call** your supervisor to let them know that you are experiencing symptoms and will be unable to come into work.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation**, ride-sharing, or taxis.

For more information, click Here to Access the CDC Self-Checker →



(Or at access the link here: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#)