Coronavirus Disease (COVID-19) Self-Monitoring Information Sheet

What is self-monitoring?

Self-monitoring means that you should monitor or watch yourself for the following symptoms of COVID-19 and if you develop symptoms or your symptoms get worse, report them to a health care provider:

- Fever
- New or worsening cough
- Shortness of breath

AND/OR

- Muscle aches
- Runny nose
- Sore throat
- Nausea/Vomiting

- Diarrhea
- Headache
- Loss of sense of smell
- Chills

- Generally feeling unwell

Why should I self-monitor?

It is a good idea to always be aware of any of the symptoms of COVID-19 listed above that you might have. If you develop these symptoms you can protect others by staying home. If you are unwell, let your health care provider know so you can receive the right care and advice.

When should I self-monitor?

It is very important to monitor for symptoms when:

- You return from travel from a high risk area
- You believe you were exposed to COVID-19
- A health care provider tells you that you were exposed to a person with COVID-19
- A health care provider or employer asks you to self-monitor for other reasons
- You are recovering from COVID-19

How long should I self-monitor?

You will need to monitor yourself for at least 14 days since your last possible contact with COVID-19. If you still have symptoms after 14 days you should continue to monitor yourself and let your health care provider know. Your health care provider may ask you to monitor for symptoms for longer than 14 days (e.g. you are living with someone who has COVID-19).
What should I do if I develop symptoms of COVID-19 or my symptoms worsen?

If you develop **symptoms or your symptoms worsen**, self-isolate and call a health care provider:

Student Health Center: 229-333-5886

Other Local Clinics
- Valdosta Family Medicine: 229-244-1400
- Parrott Medical Clinic: 229-249-7888
- Lowndes County Health Department: 229-333-5257
- Hahira Health Center: 229-794-2665
- Smith Northview Urgent Care Center (a campus of South GA Medical Center) – 229-671-2000

If your symptoms are severe (i.e. shortness of breath) call 9-1-1.

If you **do not** develop symptoms within 14 days, follow any direction given to you by a health care provider. Continue to social distance and use healthy respiratory practices to prevent getting COVID-19 or other respiratory infections.
COVID-19 information

Daily Self-Monitoring Form

Here is a sheet to help you keep track of your daily symptoms while self-monitoring.

Name: _______________________________ Date of Symptom Onset: ____________________ Monitoring End Date: ____________________

Date each day, check your temperature and then check any of the symptoms.

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Symptoms:

- Temperature (specify: °C)
- Chills/Feverish
- Difficulty breathing
- Call 9-1-1
- New or worsening cough
- Runny Nose
- Nausea/Vomiting/Diarrhea
- Loss of appetite
- Sore throat
- Tiredness
- Muscle aches
- Headache
- Loss of sense of smell/taste
- Generally feeling unwell
- Other, specify

Healthy Respiratory Practices Everyone Can Use to Protect Yourself & Your Community

- Stay home if you are sick
- Avoid close contact with others
- Turn and cover your mouth and nose
- Throw used tissues in the garbage
- Wash your hands
- Clean/Disinfect