



## Guidance for Persons Being Monitored for 2019 Coronavirus Disease (COVID-19)

This guidance is to help you closely monitor your health for up to 14 days because you may have been exposed to a 2019 novel coronavirus (SARS-CoV-2) patient. This does NOT mean that you will get sick with 2019 coronavirus disease (COVID-19).

### Why are you being asked to check your temperature and symptoms for up to 14 days?

It is very important for you to monitor your health so that you can be taken care of and treated quickly if you get sick. Based on what is known from other coronavirus infections, 14 days is the longest time between when you were last exposed to SARS-CoV-2 and when symptoms begin.

### What are the signs and symptoms of COVID-19?

The most common symptoms of COVID-19 are fever and cough, sometimes difficulty breathing, more rarely sore throat, muscle aches, and abdominal discomfort. These symptoms can also be due to many other illnesses. If you develop a fever or any symptoms, it doesn't mean you have COVID-19, but you should follow up with Dallas County Health and Human Services (DCHHS) at 1-877-605-2660.

### How should you monitor your health during this time period?

You were given a form to use to record your temperature and possible symptoms. Report this information daily to Dallas County Health and Human Services (DCHHS). DCHHS will tell you which day you should stop monitoring yourself.

#### *Instructions for monitoring your temperature and symptoms*

Take your temperature orally (by mouth) with a digital thermometer **2 times a day:**

- **once in the morning at 9:00 AM**
- **again in the evening at 3:00 PM**

Write down your temperature on the form twice a day, every day. If you forget to take your temperature, take it as soon as you remember. Mark if you have any of the symptoms of COVID-19 listed on the form. If you have fever or any symptom listed on the form, immediately call DCHHS at 1-877-605-2660.



## Active and passive monitoring

Active monitoring means DCHHS will contact you at least once a day to check on you and any symptoms you might have. Passive monitoring means you will notify local public health if you develop any symptoms listed on the form.

*You are under:*

- Active monitoring (local public health will contact you every day)
- Passive monitoring (you will contact local public health if you have any symptoms)

Regardless of type of monitoring, if you have fever or any symptom listed on the form, immediately call DCHHS at 1-877-605-2660.

## What should I do if I become ill during this monitoring period?

**Please attempt to call DCHHS at 877-605-2660 before going to a clinic or hospital.** If you cannot immediately reach DCHHS, please call your doctor or your local hospital and tell them that you are being monitored by public health for potential exposure to novel coronavirus and need follow up medical care and testing. Calling first will help the clinic or hospital prepare to greet you and take care of you in the safest possible way.