



DALLAS COUNTY

Department of Health and Human Services

If You Have Been Identified as a Close Contact of Someone Diagnosed with COVID-19

COVID-19 is a respiratory disease that can cause symptoms including fever, cough and shortness of breath. Most people with COVID-19 will have mild symptoms, but some people may need to be hospitalized.

You may have been identified as a “close contact” of someone with COVID-19. If you have been within 6 feet of a person diagnosed with COVID-19 for 15 minutes or more, you should follow these measures to prevent the spread of COVID-19:

1. You should stay home. You should not travel by any commercial transportation until 14 days after your last possible exposure to the person with COVID-19. This includes travel by airplane, bus, train, ride share service (e.g., Uber, Lyft), or taxi.
2. Avoid visiting any places where the public may gather, such as restaurants, grocery stores, theaters, or other retail locations until the end of the 14-day period that follows your last possible exposure to the confirmed case of COVID-19.
3. Avoid contact with people at higher risk for severe illness. This includes, but is not limited to people who: are 65 years of age and older, are immunocompromised, are diabetic, have chronic lung disease (e.g. asthma, COPD), or have cardiovascular disease.
4. You should monitor yourself for symptoms twice a day. As part of that monitoring, check your temperature twice a day. You can use the attached 14-Day Symptom Monitoring Log. Symptoms can include: fever (measured $\geq 100^{\circ}\text{F}$), chills, cough, shortness of breath/difficulty breathing, sore throat, runny nose, muscle aches, fatigue, headache, abdominal pain/discomfort, nausea, diarrhea, vomiting, loss of taste, and/or loss of smell.
5. If you develop symptoms, travel to a medical facility by medical transport (i.e. ambulance) or by private vehicle.

Additional Information

Stay home except to get medical care.

Most people with COVID-19 have mild illness and are able to recover at home without medical care. Be sure to seek care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency. Some examples of emergency warning signs are: Trouble breathing, bluish lips or face, persistent pain or pressure in the chest, or confusion/disorientation.

Wear a facemask before entering the medical facility. If you can't put on a facemask, cover your coughs and sneezes. Keep at least 6 feet away from other people while in the office or waiting room.

Follow other care instructions given by your healthcare provider and local health department.

Separate yourself from other people in your home.

As much as possible, stay away from others. Stay in a specific area if possible, and use a separate bathroom if one is available.

Call ahead before visiting your doctor.

If you have a routine appointment, call ahead to your clinic, urgent care, hospital or doctor to let them know you have been exposed to COVID-19 to allow them to protect themselves and other patients. Avoid using

public transportation, ride-sharing, or taxis when going to the doctor's office.

Wear a facemask in the following situations.

If you are sick: wear a facemask when you are around other people, and before entering a doctor's office.

If you are caring for others: If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then as their caregiver, you should wear a facemask when in the same room with them. Visitors other than caregivers are not recommended.

Note: If you are not able to obtain a facemask, you may need to improvise a facemask using a scarf or bandanna.

Cover your coughs and sneezes.

Cover your nose and mouth with a tissue when you cough or sneeze and throw the used tissue away in a lined trash can. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands using an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often.

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing, using the bathroom, and before preparing and eating food. Soap and water are the best option, but if they are not available, clean your hands using an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hand and rubbing them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items.

Do not share dishes, drinking glasses, cups, silverware, towels, or bedding. Wash these items thoroughly with soap and water after using them.

Clean all high touch surfaces in your isolation area every day.

Let someone else clean and disinfect surfaces in common areas. If you are not able to clean the surfaces in your "sick room" or bathroom, someone else can do it on an as-needed basis, but they must wear a mask and wait as long as possible after the sick person (you) have used the bathroom.

Clean the area or item with soap and water or another detergent, then use a household disinfectant. Follow the instructions on the label for household cleaners and disinfectants. A full list of EPA-registered disinfectants can be found [here](#).

Examples of high-touch surfaces include: phones, door knobs, remote controls, keyboards, tabletops, bathroom fixtures, bedside tables, etc.

- Questions about pets? See the CDC's FAQ about COVID-19 and animals [here](#).
- If someone in your home is sick, see the CDC's recommended precautions to take [here](#).

Questions? Please call the Dallas County Health and Human Services Call Center at (972) 692-2780 Between Monday-Friday 9:00AM-4:30 PM

COVID-19
14-Day Symptom Monitoring Log - Day 1-7

Patient Name: _____ **Patient's Phone Number:** _____

Instructions: Your 14-day symptom monitoring period should start from your last possible exposure to COVID-19. Take your temperature twice a day, in the morning and in the evening, and write it down. Mark if you have any of the symptoms below: circle 'Y' for Yes and 'N' for No. **Don't leave any spaces blank.** If you have a fever or any symptom, immediately call ahead to your clinic, urgent care, hospital or doctor to let them know you have been exposed to COVID-19.

Day # (from last contact)	1		2		3		4		5		6		7	
Date	__/__/2020		__/__/2020		__/__/2020		__/__/2020		__/__/2020		__/__/2020		__/__/2020	
AM or PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Time														
Temperature														
Felt feverish	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Cough	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Shortness of breath/difficulty breathing	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Chills	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Sore throat	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Runny nose	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Muscle aches	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Fatigue	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Headache	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Abdominal pain/discomfort	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Nausea/ Vomiting	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Diarrhea	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Loss of Smell or Taste	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Fever/pain reducing medication ¹ taken?	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N

¹e.g., Aspirin, Tylenol® (acetaminophen), paracetamol, Aleve® (naproxen), MOTRIN® or Advil® (ibuprofen)

**COVID-19
14-Day Symptom Monitoring Log - Day 8-14**

Patient Name: _____ **Patient's Phone Number:** _____

Instructions: Your 14-day symptom monitoring period should begin from your last possible exposure to COVID-19. Take your temperature twice a day, in the morning and in the evening, and write it down. Mark if you have any of the symptoms below: circle 'Y' for Yes and 'N' for No. **Don't leave any spaces blank.** If you have a fever or any symptom, immediately call ahead to your clinic, urgent care, hospital or doctor to let them know you have been exposed to COVID-19.

Day # (from last contact)	8		9		10		11		12		13		14	
Date	__/__/2020		__/__/2020		__/__/2020		__/__/2020		__/__/2020		__/__/2020		__/__/2020	
AM or PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Time														
Temperature														
Felt feverish	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Cough	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Shortness of breath/difficulty breathing	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Chills	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Sore throat	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Runny nose	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Muscle aches	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Fatigue	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Headache	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Abdominal pain/discomfort	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Nausea/ Vomiting	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Diarrhea	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Loss of Smell or Taste	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Fever/pain reducing medication ¹ taken?	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N

¹e.g., Aspirin, Tylenol® (acetaminophen), paracetamol, Aleve® (naproxen), MOTRIN® or Advil® (ibuprofen)