

Guidance for Persons Undergoing Self-Monitoring Under Public Health Supervision for 2019 Novel Coronavirus (COVID-19)

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

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 exposed to novel coronavirus and when illness would begin.

What are the signs and symptoms of novel coronavirus? The most common symptoms of novel coronavirus 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 (100.4°F/38°C or higher) or any symptoms, it doesn't mean you have novel coronavirus, but you should follow up with your local health department (LHD).

How should you isolate yourself and monitor your health during this time period? Based on your exposure, you will undergo **self-monitoring with public health supervision**. This means you will monitor your health and contact public health immediately if you have any symptoms. The LHD will check in intermittently. **During your monitoring period, you should:**

- **Remain at home or in a location approved by local public health as much as possible.** Avoid congregate settings including workplaces and school, limit public activities, and practice social distancing. You should refrain from public travel and avoid long distance travel and out of state travel.
- **Separate yourself from other people in your home.** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- **Take steps to prevent the spread of germs to others.** This means washing your hands often and covering your coughs and sneezes.

You were given a symptom log to record your temperature and possible symptoms daily. The log includes LHD contact information and your monitoring period. Return the log to the LHD after your monitoring period is complete.

Follow these instructions daily for monitoring your temperature and symptoms:

- Take your temperature orally (by mouth) with a digital thermometer **2 times a day** (once in the morning and again in the evening) and record on the log.
- If you forget to take your temperature, take it as soon as you remember.
- Mark if you have any of the symptoms of novel coronavirus listed on the log.

What should I do if I become ill during this monitoring period? If you have fever or any symptom listed above, immediately call your LHD; if not available call the West Virginia Division of Infectious Disease Epidemiology (DIDE) at (304) 558-5358, extension 1 or the 24/7 answering service at (304) 347-0843.

DO NOT GO to a clinic or hospital without first calling local public health. If you can't reach your LHD or DIDE, call ahead before going to a doctor's office or emergency room. Tell them your symptoms and that you are being monitored for COVID-19 infection. Calling first will help ensure the clinic or hospital is prepared to greet you and take care of you in the safest possible way. If you are in immediate distress, call 911 and let the dispatcher know that you are being monitored for 2019-nCoV infection.