COVID-19
SELF-MONITORING GUIDANCE

If you have been asked to self-monitor:

Stay home and self-quarantine for **14 days**
& **monitor your symptoms twice per day** [morning + night]

Monitor your health, twice daily

- Take your temperature twice per day and write it down
  - Must be **at least 30 minutes after eating, drinking, or exercising** Wait
  - **6 hours after taking medications which can lower your temperature** (acetaminophen, ibuprofen, paracetamol, or aspirin) **Clean your thermometer** with soap and water after each use

- **Look for symptoms such as:**
  - cough
  - difficulty breathing
  - sore throat
  - runny nose
  - fever

  *Keep track of any symptoms you are experiencing

If you do have a fever of 100.4°F, cough, or trouble breathing:

If you are experiencing a **life-threatening emergency, call 911** immediately

Call your doctor's office or urgent care facility **BEFORE** seeking care to discuss your symptoms and self-monitoring information

Call the Saginaw County Health Department to inform them of your symptoms and that you are self-monitoring at 989-758-3828

COVID-19 SPREADS THROUGH **CLOSE** CONTACT

Protect the health & safety of others
Practice good health habits while self-monitoring

- **Wash hands with soap and water for at least 20 seconds**
- If soap and water are unavailable, use a **hand sanitizer with at least 60% alcohol**
- **Avoid close contact with others** & do not share cups or eating utensils
- **Disinfect high touch surfaces** often
- Get plenty of sleep, eat nutritious food, drink plenty of fluids, be physically active, and manage stress

PRACTICE SIMPLE PRECAUTIONS

WASH YOUR HANDS OFTEN | DON'T TOUCH YOUR FACE | AVOID THOSE THAT ARE SICK

Stay home, unless seeking medical care

*Call ahead so they may prepare for your visit

Saginaw County HEALTH DEPARTMENT

GUIDANCE FOR PERSONS UNDER HOME QUARANTINE OR SELF-MONITORING

You are being monitored because of your recent exposure to a confirmed or probable case of COVID-19. This puts you at risk of developing a COVID-19 infection. Over the next 14 days, you need to monitor for symptoms that indicate a COVID-19 infection. This monitoring is a precautionary measure to prevent the potential spread of COVID-19. It does NOT mean you have COVID-19 or that you will get COVID-19.

Why are you being asked to check your temperature and symptoms for up to 14 days?
Reporting your temperature and your symptoms helps determine the presence of a COVID-19 infection. It is very important for you to monitor your health so that you can be tested for COVID-19 and receive appropriate medical care should you need it. Based on what is known about coronavirus infections, 14 days is the longest time between when you were last exposed to novel coronavirus and when symptoms begin.

What am I required to do under home quarantine?
1. Stay at your home, do not go to work (unless you are a healthcare worker), and avoid contact with people as much as physically possible.
2. Take your temperature with a thermometer two times a day and watch for cough or difficulty breathing (see instructions below).
3. Keep your distance from others (about 6 feet) in your household.
4. If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them you are under home quarantine.

Instructions for monitoring your temperature and symptoms:
1. Start recording your temperature and symptoms on the log on page 3, beginning with today's date as Day 1. **Fever is 100.4°F/38°C or higher.**
2. If you get sick, contact your health care provider and call our hotline at (989) 758-3828 and inform them you are self-monitoring for COVID-19. If you need testing, you may check our website for all testing locations in Saginaw County at saginawpublichealth.org
3. Once your 14 days of monitoring has passed and you have not experienced any symptoms you have completed self-quarantine.

If you start feeling sick

DO NOT GO STRAIGHT TO THE HOSPITAL. OR TO THE DOCTOR'S OFFICE

FIRST: **CALL** your primary care provider.
If you have SEVERE symptoms – CALL 911.
Tell them you are being monitored.

NEXT, call the health department to notify them that you have developed symptoms

What are the signs and symptoms of novel coronavirus?
Common: **Fever, Cough, Difficulty Breathing**
Rare: **Sore Throat, Muscle Aches, Abdominal Discomfort**
These symptoms can be due to many other illnesses. If you develop a fever or any symptoms, it doesn't mean you have novel coronavirus, but you should follow up with staff at Saginaw County Health Department (SCHD).

What should I do if I become ill during this monitoring period?
DO NOT go to a clinic or hospital without first calling ahead, if possible. If you call 911, inform them you are being monitored for COVID-19. Tell your doctor or your local hospital that you are self-monitoring for potential exposure to COVID-19 and need follow up medical care and testing.

What do I do when my 14-day monitoring period is done?
If you have not experienced any symptoms during your monitoring period, you are no longer under self-quarantine. It is important to continue practicing good health hygiene including hand washing; abide the Governor's "Stay Home, Stay Safe" Executive Order; practice social distancing; covering your cough and sneeze; staying home if you become sick; avoiding large groups and close contact with other people. Additionally, you are no longer required to identify yourself as a person being monitored for Novel Coronavirus in the event you require future medical care or ambulance transport.

Symptoms and Temperature Log

Write your symptoms and temperature in the space below. Check morning and night, every day for 14 days.

Saginaw County
HEALTH DEPARTMENT

DAY	DATE	SYMPTOMS	TEMP
DAY 1		☀️	
		🌙	
DAY 2		☀️	
		🌙	
DAY 3		☀️	
		🌙	
DAY 4		☀️	
		🌙	
DAY 5		☀️	
		🌙	
DAY 6		☀️	
		🌙	
DAY 7		☀️	
		🌙	
DAY 8		☀️	
		🌙	
DAY 9		☀️	
		🌙	
DAY 10		☀️	
		🌙	
DAY 11		☀️	
		🌙	
DAY 12		☀️	
		🌙	
DAY 13		☀️	
		🌙	
DAY 14		☀️	
		🌙	

Before you take your temperature:

Wait 30 minutes after eating, drinking, or exercising.

Wait at least 6 hours after taking medicines that can lower your temperature, like:

- Acetaminophen, also called paracetamol
- Ibuprofen
- Aspirin

C A R E

1. **Turn the thermometer on by pressing the button near the screen.**

2. **Hold the tip of the thermometer under your tongue until it beeps. Do not bite the thermometer.**

3. **Read your temperature on the screen. If your temperature is 100.4°F/38°C or higher, you have a fever.**

4. **Write your temperature in the 14-Day Symptom and Temperature Log in this booklet.**

5. **Clean your thermometer with soap and water and dry it well.**

PLEASE NOTE: For infants and children younger than 4 years old, use an age-appropriate thermometer such as an ear thermometer. If you do not have one, use a regular thermometer by placing it under the child's arm in the center of the armpit.

For the armpit method, if the child's temperature is 99.4°F/37.4°C or higher, they have a fever. Report that you are taking the child's temperature this way to the health professional you are in contact with.

If you have a medical emergency, call 911. Tell them you've traveled from a country with an outbreak of COVID-19.