OAKLAND COUNTY MICHIGAN
HEALTH DIVISION
DAVID COULTER
OAKLAND COUNTY EXECUTIVE

CORONAVIRUS COVID-19

SELF-MONITORING GUIDANCE

Updated 6/15/20

Stay home and monitor for symptoms if you have had contact with a person who has tested positive for COVID-19.

Monitor your health two times a day; every morning and night for 14 days from last exposure to case.

- Watch for symptoms: fever or chills, cough, shortness of breath or difficulty breathing, fatique, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.
- Write down any symptoms you experience.
- Take your temperature twice a day and write it down. Before you take your temperature:
  - Wait 30 minutes after eating, drinking, or exercising.
  - Wait 6 hours after taking medicines that can lower your temperature: acetaminophen/paracetamol, ibuprofen, or aspirin.
  - Clean thermometer with soap and water after use.

If you have a fever of 100.4 F (38C), cough, or trouble breathing:

- If this is a life threatening emergency call 911.
- Call your healthcare provider's office or emergency department before seeking care. Explain your symptoms and that you are self-monitoring.

Practice good health habits.

- Wash your hands with soap and warm water for 20 seconds and help young children do the same. If soap and water is not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your mouth and nose with a tissue when you cough or sneeze or cough/sneeze into your upper sleeve. Immediately throw away used tissue in the trash, then wash hands.
- Avoid close contact with others, sharing cups, or sharing eating utensils.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs.
- Be sure to get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- Do not travel, unless you are seeking medical care. Call ahead before seeking care.

Learn more about slowing the spread of COVID-19 at www.oakgov.com/covid.
For questions call Nurse On Call at 1.800.848.5533.