



Interim Guidance for **Persons Being Monitored** for Potential Exposure to Coronavirus Disease 2019 (COVID-19)

This guidance is designed to help you closely monitor your health for 14 days following potential exposure to Coronavirus Disease 2019 (COVID-19). This does NOT mean that you will get sick with COVID-19.

You are under:

- Active monitoring. Please see **section A**.
- Self-monitoring with delegated supervision. Please see **section B**.
- Self-observation. Please see **section C**.

A. ACTIVE MONITORING

What is active monitoring and what directions should I follow?

Active monitoring means your local health department will check on you at least once every day to review your temperature and any symptoms you might have. You will record your temperature and symptoms on the enclosed *COVID-19 14-Day Symptom Monitoring Log* form. Your activities will be restricted. (If you work in healthcare, follow up with your healthcare facility to determine if you have any further restrictions based on your healthcare facility's policies.)

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

It is very important for you to monitor your health for 14 days after the last day you were potentially exposed to COVID-19 to protect your health and the health of those around you, and ensure you get quick and appropriate treatment if you get sick. Fourteen days is the longest estimated time between when you may have been exposed to COVID-19 and when symptoms may begin. The local health department will inform you when your monitoring period will end.

What are the signs and symptoms of COVID-19?

The most common signs and symptoms of COVID-19 are fever, cough, and shortness of breath or difficulty breathing. The Texas Department of State Health Services is also directing individuals to monitor for muscle aches, fatigue, sore

throat, headache, runny nose, chills, abdominal pain/discomfort, nausea, vomiting, or diarrhea. These symptoms can also be caused by many other common illnesses, such as influenza. If you develop a fever or any symptoms mentioned above, it does not necessarily mean that you have COVID-19, but you should follow up with your local health department.

How should you monitor your health during this time period?

A *COVID-19 14-Day Symptom Monitoring Log* form is included in this document for you to record your temperature and possible symptoms. This information may need to be reported daily to your local health department.

Instructions for monitoring your temperature and symptoms:

- Take your temperature orally (by mouth) with a digital thermometer **2 times a day (at least 6 hours apart):**
 - **once in the morning and**
 - **again in the evening**
- Write down your temperature on the *COVID-19 14-Day Symptom Monitoring Log* 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 symptoms included on the form.
- Indicate if you took any fever/pain reducing medications [e.g., Aspirin, Tylenol® (acetaminophen), paracetamol, Aleve® (naproxen), MOTRIN® or Advil® (ibuprofen)] and the reason why you took the medication on the form. Your temperature should be taken before you take the next dose of any such medication.
- If you experience fever or you have any symptoms listed on the *COVID-19 14-Day Symptom Monitoring Log* form, immediately call your local health department at ###-###-####.
- At the end of your monitoring period, you will send your *COVID-19 14-Day Symptom Monitoring Log* form to your local health department.

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

DO NOT GO to a clinic or hospital without first calling the local health department. If you cannot immediately reach your local health department, please call your doctor or designated hospital and inform them that you are being monitored by the health department for potential exposure to COVID-19 and need follow-up medical care and possibly testing. Put on a mask if you have one, and bring this document with you if you go to a healthcare facility. When you arrive at the healthcare facility, tell them they should follow standard, contact, and airborne

precautions, use eye protection, notify infection control, and to contact the local health department if they are not aware of the situation.

If you have a medical emergency, call 911 and inform them that you are being monitored for COVID-19. Then, you or another person should call your local health department.

B. SELF-MONITORING WITH DELEGATED SUPERVISION

What is self-monitoring with delegated supervision?

Self-monitoring with delegated supervision means that you will be monitoring yourself for fever by taking your temperature twice a day and remain alert for other symptoms. Your monitoring program will be managed by your employer.

If you are a crew member on passenger or cargo flight your occupational health program or infection control program (e.g. airline crew members) will work with you and your local health department to assist you in self-monitoring. They will provide information on the steps needed if you develop symptoms. If you are part of a flight crew based in mainland China outside of Hubei Province and are in the United States for layovers, you will need to remain in your hotel room and limit your activities in public while you are in the United States.

If you work in a healthcare facility: On a work day, you will need to check your temperature at least three times daily: before leaving home for work, after arrival at work but before beginning duties, and after returning home from work. Remain alert for symptoms of COVID-19. You should not go to work if you have fever or symptoms of COVID-19 and you should immediately report fever or other symptoms to your occupational health or infection prevention program contact. On a non-work day, you will need to check your temperature twice daily (morning and evening). You will need to do these temperature and symptom checks every day of the monitoring period.

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bring this document with you if you go to a healthcare facility. When you arrive at the healthcare facility, tell them they should follow standard, contact, and airborne precautions, use eye protection, notify infection control, and to contact the local health department if they are not aware of the situation.

If you have a medical emergency, call 911 and inform them that you are being monitored for COVID-19. Then, you or another person should call your local health department.

C. SELF-OBSERVATION

What is self-observation?

Self-observation means you should remain alert for symptoms. You will be contacted by your local health department on your first and last day of self-observation. If you feel feverish or develop any symptoms during the self-observation period, you should take your temperature, limit your contact with others, and seek health advice by telephone from a healthcare provider and your local health department to determine whether medical evaluation is needed. If you are under self-observation, you have no restrictions.

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If you have a medical emergency, call 911 and inform them that you are being monitored for COVID-19. Then, you or another person should call your local health department.

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

Name: _____

Instructions: The local health department will help you determine the dates and duration of your monitoring period. 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 the local health department at **XXX-XXX-XXXX**.

Day # (from last contact)	1		2		3		4		5		6		7	
Date														
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	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
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
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

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

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

Name: _____

Instructions: The local health department will help you determine the dates and duration of your monitoring period. 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 the local health department at **XXX-XXX-XXXX**.

Day # (from last contact)	8		9		10		11		12		13		14	
Date														
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	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
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
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

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