



Gallatin City-County Health Department
**SELF MONITORING GUIDELINES
FOR COVID-19**

Please self-monitor for COVID-19 symptoms per your employer directive.

SELF-MONITORING MEANS ASSESSING YOURSELF FOR VIRAL SYMPTOMS. PEOPLE WITH THESE SYMPTOMS OR COMBINATIONS OF SYMPTOMS MAY HAVE COVID-19. SYMPTOMS MAY APPEAR 2-14 DAYS AFTER EXPOSURE TO THE VIRUS.

- Cough
- Shortness of breath

Or at least two of these symptoms:

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

IF IN YOUR SELF-MONITORING YOU IDENTIFY THAT YOU HAVE A FEVER OR FEEL SYMPTOMS, OR IF YOU HAVE BEEN NOTIFIED THAT YOU ARE A KNOWN CONTACT OF AN INDIVIDUAL WHO TESTED POSITIVE FOR COVID-19, YOU MUST DO ALL OF THE FOLLOWING:

- If you're symptomatic, seek medical advice. If your provider determines your symptoms are consistent with COVID-19, they will recommend that you be tested.
- Immediately contact your supervisor and if you are at work, go home.
- If your symptoms are severe, please call your primary care doctor, report to the emergency department, or call 911.