



## Guidance for Persons Being Monitored for Novel Coronavirus

*This guidance is to help you closely monitor your health for up to 14 days because you have been potentially exposed to a novel coronavirus patient. 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. Fourteen days is the longest time between when you were last potentially exposed to novel coronavirus and when symptoms 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/or abdominal discomfort. These symptoms can also be due to many other illnesses. If you develop a fever or any symptoms, it doesn't mean you have novel coronavirus, but you may need to check with public health.

### How should you monitor your health during this time period?

You were given a form to use to record your temperature and possible symptoms. Report this information daily to local public health. They will tell you which day you should stop monitoring yourself.

#### Instructions 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.**
- Write down your temperature on the 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 of the symptoms of novel coronavirus listed on the form.
- If you have fever or any symptom listed on the form, immediately call local public health<sup>1</sup>; if not available, call the Nevada Division of Public & Behavioral Health<sup>1</sup>.

### Active and passive monitoring

**Active** monitoring means local public health will contact you at least once a day to check on you and any symptoms you might have. **Passive** monitoring means you will notify local public health if you develop any symptoms listed on the form. You are under:

- Active monitoring (local public health will contact you every day)
- Passive monitoring (you will contact local public health if you have any symptoms)

Regardless of type of monitoring, if you have fever or any symptom listed on the form, immediately call the local health authority<sup>1</sup>; if not available, call the Nevada Division of Public & Behavioral Health<sup>1</sup>.

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

**DO NOT GO to a clinic or hospital without first calling local public health.** If you cannot immediately reach local public health, please call your doctor or your local hospital and tell them that you are being monitored by public health for potential exposure to novel coronavirus and need follow up medical care and testing.

### <sup>1</sup> Public health departments in Nevada:

- Nevada Division of Public & Behavioral Health: (775) 684-5911 (M-F 8:00 AM to 5:00 PM), (775) 400-0333 (after hours).
- In Clark County, contact the Southern Nevada Health District: (702) 759-1300 (24 hours).
- In Washoe County, contact Washoe County Health District: (775) 328-2447 (24 hours).
- In Carson City and Douglas, Lyon, and Storey Counties, contact Carson City Health and Human Services: (775) 887-2190 (24 hours).