

What is Self-Monitoring?

What do I need to do?

- Take your temperature twice a day (morning and night).
- You should keep a record of whether you are taking any medication with aspirin, Tylenol® (acetaminophen), paracetamol, Aleve® (naproxen), Motrin® or Advil® (ibuprofen). If you are taking any of those medications, temperature readings should be taken before your next dose.
- Monitor daily for symptoms including fever (temperature of 100.0° F or above), feeling feverish, chills, cough, night sweats or difficulty breathing.

What do I do if I develop symptoms?

- **If you develop symptoms, contact Inyo County HHS, Public Health Department (760) 873-7868.**
- **If you need emergency medical care call 911**, and be sure to tell them you may have been exposed to novel coronavirus.
- Seek medical attention if your illness is worsening (e.g., difficulty breathing).
- Before seeking care, call your healthcare provider and tell them that you have had a potential exposure to novel coronavirus.
- Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed.

How often will I be contacted?

- Inyo County HHS, Public Health Department will contact you periodically by phone.
- During these calls you will be asked about your symptoms and temperatures for the days since your last call.
- If you develop symptoms, **do not** wait for us to contact you to report symptoms.

How long will monitoring last?

- If you do not develop symptoms active monitoring and isolation will end
 - after 14 days since your last potential exposure to someone with novel coronavirus, or sooner as indicated by Inyo County HHS, Public Health.
- If you develop symptoms isolation will end when
 - At least 3 days (72 hours) have passed *since recovery*, defined as resolution of fever without the use of fever-reducing medications; **and**
 - Improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**
 - At least 7 days have passed *since symptoms first appeared*

If you have questions please contact Inyo County HHS, Public Health (760) 873-7868.

What does it mean to be isolated?

You can help stop the spread of Novel Coronavirus (COVID-19)



Stay at home except to get medical care.

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home.

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.



Wear a facemask.



You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes.

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.



Clean your hands.



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items.

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.



Monitor your symptoms.



Seek prompt medical attention if your symptoms worsen (e.g. difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or may have, novel coronavirus infection. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed. **If you need emergency medical care call 911**, and tell them you have, or may have, novel coronavirus infection.

Clean all "high-touch" surfaces everyday

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.



What to do when living with someone with COVID-19?

What do I need to do?

- You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Monitor the patient's symptoms. If the patient's symptoms worsen (e.g. difficulty breathing), call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19 or is awaiting test results for COVID-19. **If the patient has a medical emergency and you need to call 911, notify the dispatch personnel that the patient has, or is being evaluated for COVID-19.**

Distance yourself

- Stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available. Avoid sharing household items.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for any pets in the home. Patients should not handle pets or other animals while sick.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.

Masks – if available

- You and the patient should wear a facemask if you are in the same room.
- Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
 - Throw out disposable facemasks and gloves after using them. Do not reuse.
 - When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste.

How to clean

- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day.
- Wash laundry thoroughly
 - With gloved hands, immediately remove and wash clothes or bedding that have blood, stool, sweat or other body fluids on them. Follow directions on labels of laundry and detergent.



If you have been exposed to a person with COVID-19, it may take up to 14 days to know if you will get sick. It is important to check your health two times each day for 14 days after you leave China. Follow the steps below to check and record your health.



Step 1 Do health checks every morning and every night:

- Take your temperature and/or that of family members who traveled with you and cannot do so themselves.
- In addition to fever, be alert for any other symptoms of COVID-19, including cough or difficulty breathing.
- Write your temperature and any symptoms in the log included in this booklet.
- Write family members' temperatures and symptoms in their own booklets.

Family members who did not travel with you do not need to be monitored.

Step 2 If your health department asks you to report your temperature and any symptoms, follow their instructions.



Step 3 If you have fever (fever is 100.4°F/38°C or higher), cough, or trouble breathing:

1. Do not go out in public.
 2. Call the phone number listed for your health department in this booklet. Remind them that you are self-monitoring.
 3. If you can't reach your health department, seek medical advice – call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel, your symptoms, and guidance received from the health department.
 4. Avoid contact with others.
 5. Do not travel while sick.
 6. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
 7. Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others.
 8. Wash your hands with soap and water immediately after coughing, sneezing, or blowing your nose. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60%-95% alcohol. Always wash hands with soap and water if hands are visibly dirty.
-

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





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 the top of 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. Tell the public health worker that you are taking the child's temperature this way.

Two times a day (morning and night), write down your temperature and any COVID-19 symptoms you may have: feeling feverish, coughing, or difficulty breathing. Do this every day for 14 days after you were exposed.

1. Fill in the dates on the log, starting with Day 0 and ending with Day 14. Day 0 is the day you were exposed.
2. Start recording your temperature and symptoms, beginning with today's date. Fever is 100.4°F/38°C or higher.
3. If you develop symptoms, contact your health department. Be sure to tell them you were identified as being exposed to COVID-19, your symptoms, and that you are self-monitoring. **If you have a medical emergency, call 911**, tell them your symptoms and that you may have been exposed to COVID-19.
4. Your daily health checks are complete 14 days after you were exposed, or as indicated by public health authorities.




























Inyo County Health and Human Services
 Public Health Division
 p. 760-873-7868
 f. 760-873-7800

DAY	DATE	SYMPTOMS	TEMP
DAY 0	Feb 1, 2020	Day 0 is the day you left the China.	
DAY 1	Feb 2, 2020	 No Symptoms	97.4 F
		 No Symptoms	98.6 F
DAY 2	Feb 3, 2020	 No Symptoms	96.9 F
		 No Symptoms	98.6 F
DAY 3	Feb 4, 2020	 No Symptoms	98.0 F
		 No Symptoms	98.6 F
DAY 4	Feb 5, 2020	 No Symptoms	97.3 F
		 No Symptoms	98.6 F
DAY 5	Feb 6, 2020	 No Symptoms	96.5 F
		 No Symptoms	98.6 F

Symptom and Temperature Log



Write your symptoms and temperature in the space below every day for 14 days.

DAY	DATE	SYMPTOMS	TEMP
DAY 0	_____	Day 0 is the day you were identified as being at risk for exposure.	
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	_____	 _____  _____	_____



If you get sick, contact Inyo County, HHS Public Health and remind them you were identified as being at risk for exposure, your symptoms, and that you are self-monitoring. Your daily health checks are complete at 14 days after you were exposed or as indicated by Public Health.

If you have a medical emergency, call 911. Tell them your symptoms and that you may have been exposed to COVID-19.