

My Health Status	Actions to Take
I am not sick and have no <b>symptoms</b> <sup>1</sup> of illness	Monitor your health. Wash hands often, practice social distancing, and avoid sick people. Stay home as much as possible.
I am not sick and have no <b>symptoms</b> <sup>1</sup> of illness, but I have underlying health issues  <b>OR</b> I am not sick but am an older adult (ages 60-65 and older)	Monitor your health. Look for <b>symptoms</b> <sup>1</sup> of illness. Wash hands often, practice social distancing, and avoid sick people and crowds. Stay home as much as possible.
I am not sick and have no <b>symptoms</b> <sup>1</sup> of illness, but I was a <b>casual contact</b> * of a <b>confirmed</b> COVID-19 case	Monitor your health. Look for <b>symptoms</b> <sup>1</sup> of illness. If symptoms are mild, you can most likely recover at home. Wash hands often, practice social distancing, and avoid sick people. Stay home as much as possible.
I am not sick and have no <b>symptoms</b> <sup>1</sup> of illness, but I am a <b>household/close contact</b> * of a <b>confirmed</b> COVID-19 case	Monitor your health. Stay home for 14 days after last exposure to the confirmed case. Look for <b>symptoms</b> <sup>1</sup> of illness. If symptoms are mild, you can most likely recover at home. If symptoms begin to worsen and you need medical care, call a health care provider. Wash hands often. Do not go to work/school/public places.
I am <b>mildly</b> ** sick with <b>symptoms</b> <sup>1</sup> of illness	Monitor your health. Stay home until you are fever-free for 72 hours (or 3 full days of no fever without the use of fever reducing medicine) <b>AND</b> your other symptoms have improved <b>AND</b> at least 10 days have passed since symptoms first appeared. Most likely, you can recover at home. Testing for COVID-19 may be performed. If symptoms worsen/do not improve and you need medical care, call a health care provider. Wash hands often and do not go to work/school/public places. If you can get safely tested for COVID-19 you may wish to consider doing so.
I am an older adult and/or have underlying health conditions and am <b>mildly</b> ** sick with <b>symptoms</b> <sup>1</sup> of illness	Contact a health care provider and monitor your health. The provider may recommend that you get tested for COVID-19. Stay home until you are fever-free for 72 hours (or 3 full days of no fever without the use of fever reducing medicine) <b>AND</b> your other symptoms have improved <b>AND</b> at least 10 days have passed since symptoms first appeared. Most likely, you can recover at home. If symptoms worsen/do not improve, call a health care provider for medical care. Wash hands often and do not go to work/school/public places.
I am <b>moderately</b> ** sick with <b>symptoms</b> <sup>1</sup> of illness (i.e., my symptoms are getting worse/are not improving)	Monitor your health. Stay home until you are fever-free for 72 hours (or 3 full days of no fever without the use of fever reducing medicine) <b>AND</b> your other symptoms have improved <b>AND</b> at least 10 days have passed since symptoms first appeared. Call a health care provider and let them know your symptoms are not improving and you need medical evaluation. The provider may recommend COVID-19 testing. Stay home unless need to go to a medical facility. If you go to a medical facility, wear a face mask. Wash hands often and do not go to work/school/public places.

<sup>1</sup>**Symptoms** of COVID-19 include fever, cough, shortness of breath, chills, shivering, muscle pain, headache, sore throat or new loss of taste or smell.

\***Casual contacts** are defined as being in the same indoor environment (e.g., classroom, office, or gathering) with a symptomatic confirmed COVID-19 case. **Household contacts** are individuals who live in the same house as the confirmed COVID-19 case. **Close contacts** are individuals who were within 6 feet of a confirmed COVID-19 case for a prolonged period (about 10 minutes or more) or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). Walking past a confirmed COVID-19 case or just being in the same building does NOT qualify as being a close contact.

\*\* **Mild** illness = not feeling well but can stay home. **Moderate** illness = may need medical evaluation.