



HEALTH
Department

COVID-19

Guide to Self Monitoring

Self-monitoring means you should monitor yourself for fever by taking your temperatures twice a day and remain alert for cough or difficulty breathing. You are being asked to self-monitor because you have a low-risk exposure to COVID-19 (such as secondary contact).

Your monitoring period will be as follows: Date of last exposure: _____, 14 days after that date: _____.



Temperature monitoring: Please take and record your temperature 2 times per day in the morning and evening. If you are taking your temperature by mouth, avoid hot or cold liquids for 30 minutes prior to taking your temperature. If possible, please avoid taking fever-reducing medications such as aspirin, acetaminophen (Tylenol), ibuprofen (Advil), or naproxen (Aleve) for 4–6 hours before taking your temperature during the 14-day monitoring period.

Symptom monitoring: The following symptoms could be associated with Covid-19: fever (> 100.4°F), cough, sore throat, difficulty breathing or shortness of breath, muscle aches, headache, abdominal discomfort, vomiting, or diarrhea. Please contact your physician or the Health Department if you experience any of these symptoms during the monitoring period.

Additional advice:

- Stay at home as much as possible. You may still go to work if your job function is essential, but avoid public areas (e.g., shopping centers, movie theaters, stadiums, etc.) and public transportation.
- Cover your coughs and sneezes.
- Wash your hands and avoid touching your eyes, nose, and mouth.
- Avoid sharing household items like dishes, cups, eating utensils, and bedding.
- Monitor your symptoms for 14 days after you were exposed. Watch for fever (take your temperature twice a day), coughing, shortness of breath, body aches, sore throat, headache, diarrhea and/or vomiting

IF SYMPTOMS DEVELOP AT ANY TIME,

- If your symptoms are mild, isolate at home and **call the Detroit Health Department at 313-876-4000**
- If your symptoms are severe, call your healthcare provider prior to seeking healthcare
- Please feel free to contact us if you have any questions about these guidelines.