



What to do if you have been asked to conduct self-monitoring for coronavirus disease (COVID-19)

(Updated 4/1/20)

If you were advised that you should monitor yourself for symptoms of COVID-19, please follow the guidance below:

Remain alert for respiratory symptoms (cough or shortness of breath) and fever*

- Take your temperature twice per day
- Record your temperature and symptoms on a temperature log (one is available at: <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/exposed.aspx>)
- Seek health advice
 - Before going to a doctor's office or emergency room, call ahead and tell the provider or office about your symptoms, and the request you received to self-monitor for COVID-19.
 - If you need to seek care, please wear a mask, if available, to your appointment.

Additional things you can do to keep yourself and others healthy are:

- Wash your hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based (≥60% alcohol) hand sanitizers.
- Avoid touching your eyes, mouth and nose, especially with unwashed hands.
- Do not share personal items such as water bottles, smokes and/or vapes.
- Avoid close contact with individuals who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then immediately discard the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Practice social distancing. Avoid large gatherings and stay 6 feet away from other people, as much as possible.
- Limit contact with others.

*For the purpose of this guidance, fever is defined as subjective fever (feeling feverish) or a measured temperature of 100.4°F (38°C) or higher. Note that fever may be intermittent or may not be present in some people, such as those who are elderly, immunosuppressed, or taking certain medications (for example, NSAIDs). Contact your health provider if you need to discuss your specific situation.