Guidance on Covid-19
Are you experiencing COVID-19 Symptoms? They include:

- Fever over 100.4°F or 38°C (Without having taken any fever-reducing medications, such as acetaminophen or ibuprofen.)
- Loss of smell or taste
- Cough
- Muscle aches
- Sore throat
- Shortness of breath
- Chills
- New or unusual headache
- Nausea, vomiting, diarrhea, or loss of appetite

Yes, I have symptoms

Stay home!

Call your healthcare provider or the COVID-19 Public Health Hotline at 844-987-0099.

Follow healthcare guidance on self-isolation or quarantine.

No symptoms

Have you been in contact with anyone who has been diagnosed with or tested positive for COVID-19?

No

Practice social distancing, good hygiene

Yes

Yes, indirect contact (outside 6 feet or within 6 feet for a brief period of time)

Practice social distancing, good hygiene, and watch for any symptoms.

Yes, direct contact (within 6 feet for 15 minutes or more)