

## **COVID-19 Symptoms**

- Fever of 100.4 (F) or higher
- Chills
- Rigors
- Muscle pain or aches
- Malaise
- Headache
- Sore throat
- Cough, shortness of breath or difficulty breathing
- Loss of taste or smell
- Diarrhea

## **14 Day Home Quarantine Guidelines**

- Do not leave your home unless to satisfy critical needs.
- You may not have visitors at your home.
- Phillips County Health Department could monitor your condition through daily phone calls.

What is close contact? - Close contacts are people who have been within 6 feet of you for a period of 10 minutes or more.

## **Exposure Guidelines**

I am having COVID-19 symptoms

- Parents/Students should contact their school nurse, employees should contact your healthcare provider or call the Phillips County Health Department.
- Take a COVID-19 test and follow the instructions below while awaiting tests.
- Self-isolate to your home.
- If you live with others, self- isolate in a private room and use a private bathroom if possible.
- Make a list of close contacts you have had from two days before you became sick until you isolated.
- Wear a mask when you enter general living areas. Interact with others as little as possible.
- If you develop additional symptoms or if your symptoms get worse, notify your healthcare provider for instructions.

I have received a positive COVID-19 test

- Parents/Students should contact the school administration.
- School employees should contact the school administration.
- Contact the Phillips County Health Department for guidance.

I have been in close contact with a confirmed COVID-19 patient

- Parents/Students should contact the school administration.
- School employees should contact the school administration.
- Contact the Phillips County Health Department for guidance.

I have been exposed to a person with COVID-19 symptoms

- Parents/Students should contact the school administration.
- School employees should contact the school administration.
- Contact the Phillips County Health Department for guidance.

I have been exposed to a person who was exposed to a confirmed COVID-19 patient

- Parents/Students should contact the school administration.
- School employees should contact the school administration.
- Contact the Phillips County Health Department for guidance.

I have traveled to an area with high COVID-19 cases

- Parents/Students should contact the school administration.
- School employees should contact the school administration.
- Contact the Phillips County Health Department for guidance.