

### Self-Monitoring Information for HFD Members

HFD members in the low-risk category of COVID-19 exposure risk should perform self-monitoring until 14 days after the last potential exposure. Asymptomatic members in this category are not restricted from work or any other regular daily activities.

Guidance to HFD Members on Self-Monitoring:

- Monitor for symptoms twice daily at least 6 hours apart
  - o Symptoms include the following:
    - Fever (use a thermometer)
    - Cough
    - Shortness of breath or difficulty breathing
    - Chills, body aches, sore throat, headache, nausea, vomiting, diarrhea, and runny nose
  
- **IF SYMPTOMS DEVELOP:**
  - o Immediately report any of the above symptoms to HFD Infection Control at 346-291-4964.
  - o If needed, call 911 first, disclose your monitoring status, and then contact HFD Infection Control as soon as you are able.