

# COVID-19 SYMPTOM SCREENING CHECKLIST

ANYONE SHOWING SYMPTOMS OF COVID-19 OR WHO MAY HAVE BEEN EXPOSED TO COVID-19 SHOULD NOT LEAVE HOME.

**1** Have you had close contact (within 6 feet for at least 10 minutes) in the last 14 days with someone diagnosed with COVID-19 or has any health department been in contact with you and advised you to quarantine?

**YES**

This individual should be at home. The individual can return to activities outside of the home 14 days after the last time they had close contact with someone with COVID-19.

**NO**

This individual can participate in activities outside of the home if they are not experiencing symptoms.

**2** Have you had any of these symptoms?

- |   |   |
|---|---|
| <input type="checkbox"/> Fever                        | <input type="checkbox"/> Muscle pain                |
| <input type="checkbox"/> Shortness of breath          | <input type="checkbox"/> Sore throat                |
| <input type="checkbox"/> Cough                        | <input type="checkbox"/> New loss of taste or smell |
| <input type="checkbox"/> Chills                       | <input type="checkbox"/> Confusion or dizziness     |
| <input type="checkbox"/> Repeated shaking with chills |   |

If an individual has any of these symptoms, they should go home, stay away from other people, and call their health care provider.

IF AN INDIVIDUAL HAS BEEN DIAGNOSED WITH COVID-19 OR HAS HAD SYMPTOMS RECENTLY, THEY SHOULD NOT LEAVE HOME.

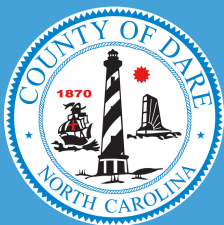
If an individual is diagnosed with COVID-19 based on a test or their symptoms or does not get a COVID-19 test but has had symptoms, they should stay at home.

An individual can return to activities outside of the home when they can answer YES to ALL three questions:

- Has it been at least 10 days since you first had symptoms?
- Has it been at least 3 days since you've had a fever (without using fever reducing medicine)?
- Has it been at least 3 days since your symptoms have improved, including cough and shortness of breath?

If an individual has had a negative COVID-19 test, they can return to activities outside of the home once they have no fever without the use of fever-reducing medicines and have felt well for 24 hours.

For more information visit: [darenc.com/covid19](https://darenc.com/covid19)



**County of Dare**

Department of Health & Human Services

COVID-19 Call Center 252.475.5008 | [covid19@darenc.com](mailto:covid19@darenc.com)

Open Monday - Friday | 8:30 a.m. - 5:00 p.m.