

DMHAS (adapted from Yale University)

Staff Guidance: recommendations for self-monitoring

Published reports about the range of symptoms in early COVID-19 infection allow us to update our recommendations about self-monitoring for symptoms of the disease.

Take these steps to monitor your health:

- Take your temperature with a thermometer twice a day—once in the morning and once in the evening—to monitor for low-grade temperature elevation (>99.9°F, >37.7°C).
 - Note that the Centers for Disease Control and Prevention (CDC) continues to list a temperature of 100.4°F (38°C) as a criterion for suspected COVID-19 infection, but low-grade fevers are frequent in the early stages of illness.
- Watch for the following symptoms to increase detection of possible COVID-19 infection:
 - Cough OR
 - Trouble breathing OR
 - Fatigue or malaise OR
 - Muscle aches (myalgia)

If you have any of these symptoms, you should stay home and avoid interactions with others. Consult Your healthcare provider about recommendations about managing your symptoms. The following symptoms DECREASE the likelihood you have a COVID-19 infection and are therefore reassuring:

- Ear pain
- Sinus pain
- Nasal congestion

If you have questions or concerns about any symptoms, you should contact your healthcare provider.