

I AM NOT FEELING WELL. WHAT SHOULD I DO?

IS IT
COVID-19?

What if I am not feeling well?

Are you exhibiting any **ONE** of the following symptoms that cannot be contributed to any other health condition:

- New Persistent Cough
- Shortness of breath/difficulty breathing
- New loss of taste or smell

Are you exhibiting any **TWO or more** of the following symptoms that cannot be attributed to any other health condition:

- Congestion or runny nose
- Fever of 100 or above
- Nausea or vomiting
- Diarrhea
- Headache
- Fatigue
- Muscle or body aches
- Sore throat

YES

YES

Please do not report to work or exit your building. Contact your primary care physician and email the District COVID Response Team at covid-sdmf@sdmfschools.org for guidance.

NO

NO

Monitor for increased or worsening symptoms. Do not report to work until you are feeling better. Please enter time off as sick leave.

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GETTING TESTED FOR COVID-19

NEGATIVE

POSITIVE

Stay home until symptoms have improved AND no fever for at least 24 hours without fever reducing medication. Follow specific return guidance from health care provider.
If you were previously quarantined for a COVID exposure, you must stay home until the duration of the quarantine.

Stay home at least 10 days since symptoms first appeared AND until no fever for at least 24 hours without fever reducing medication AND improvement of other symptoms

