

# 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](mailto: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

