

# Self-Monitoring

**Self-monitoring** means people should watch for symptoms during the monitoring period. What should I do?

- Take your temperature with a thermometer twice a day and watch for a fever (a temperature above 100.5 degrees Fahrenheit/38 degrees Celsius).
- Watch for other symptoms like cough, difficulty breathing, or feeling feverish, like having the chills.

Anyone who is self-monitoring and has symptoms like a fever, cough, or shortness of breath should call the Division of Public Health (DPH) at **1-866-408-1899** as soon as possible. After hours, call **1-888-295-5156**. DPH can then help them to decide if they need to visit a doctor or hospital for testing or other medical care.



If you need to seek medical care for any reason, you should call ahead to discuss that you are being monitored by DPH. This would include an ambulance, doctor, emergency room, hospital, or any other health care provider. You should also wear a mask while going to the visit and during the visit.

DPH may check in from time to time during the course of the self-monitoring period to make sure you are feeling well and ask about any symptoms you may have.



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# Where Can I Go?

People who are being monitored should remain in their homes as much as possible. You should avoid public settings like stores, restaurants, and public transportation. People who are being monitored should also stay home from work, school, and other activities as much as possible.

Individuals monitored and who intend to travel by air — especially out of the country — should know that if they go on a trip and become sick while they are away, may not be allowed to return. It is best to postpone travel until after the monitoring period is over.



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