


How would I know if I was infected with COVID-19?

Self-observation means people should remain alert for subjective fever, cough, or difficulty breathing. If they feel feverish or develop cough or difficulty breathing during the self-observation period, they should take their temperature, self-isolate, limit contact with others, and seek advice by telephone from a healthcare provider or their local health department to determine whether medical evaluation is needed.




Screening for COVID-19


FloridaHealth.gov/COVID-19 • Florida Department of Health

1 Are you experiencing symptoms?


Symptoms may appear in 2–14 days after exposure to the virus.



FEVER



COUGH




SHORTNESS OF BREATH

2 Have you traveled to an area with an outbreak?

China, Iran, Italy, South Korea or Japan



3 Have you been around someone diagnosed with COVID-19?



If you answered “yes” to any of the above questions, contact your local county health department (CHD)

Guidance

- Self monitor for fever, cough, or other respiratory symptoms for 14 days.
- Avoid contact with sick people.
- Delay any additional travel plans until no longer sick.
- Wash hands often with soap and water for at least 20 seconds.
- Cover mouth and nose with a tissue or sleeve when coughing or sneezing. Throw the tissue in the trash.

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Modified from Florida Department of Health

Resilient American Communities Program

Self-monitoring means people should monitor themselves for fever by taking their temperatures twice a day and remain alert for cough or difficulty breathing. If they feel feverish or develop measured fever, cough, or difficulty breathing during the self-monitoring period, they should self-isolate, limit contact with others, and seek advice by telephone from a healthcare provider or their local health department to determine whether medical evaluation is needed.

[More Information](#)

Source: “Interim US Guidance for Risk Assessment and Public Health Management of Persons with Potential Coronavirus Disease 2019 (COVID-19) Exposures: Geographic Risk and Contacts of Laboratory-Confirmed Cases.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 7 Mar. 2020, www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html.