

NAVIGATING COVID-19

ARE YOU EXPERIENCING ANY COVID-19 SYMPTOMS?

- ➔ **FEVER**
over 100.4°F
without use of fever-reducing medications such as acetaminophen or ibuprofen.
- ➔ **SHORTNESS OF BREATH**
- ➔ **LOSS OF SMELL OR TASTE**
- ➔ **NAUSEA, VOMITING, DIARRHEA OR LOSS OF APPETITE**
- ➔ **MUSCLE ACHES**
- ➔ **NEW OR UNUSUAL HEADACHE**
- ➔ **CHILLS**
- ➔ **SORE THROAT**
- ➔ **COUGH**

**YES
I HAVE SYMPTOMS**

FOLLOW CDC GUIDELINES
[cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)
Stay at home
Separate yourself from others
Call your doctor AND notify your school.

Abilene- 755-7020
West- 755-7030
Wheatland- 755-7040
VCIS- 755-7050
VCMS- 755-7060
VCHS- 755-7070

NO SYMPTOMS

Have you been in contact with someone who has been diagnosed or tested positive for COVID-19?

YES

NO

**YES,
DIRECT PHYSICAL CONTACT OR
CLOSE CONTACT**
within 6 feet for 10 or more minutes

**YES,
NON-CLOSE
CONTACT**
outside 6 feet
or within 6 feet
for a brief
period of time

Practice social distancing and good hygiene.

Watch for symptoms to develop AND quarantine yourself for 14 days.

Practice social distancing and good hygiene AND watch for symptoms to develop.

Notify your health care provider and school.