

SELF QUARANTINE - SELF MONITOR - SELF ISOLATE -



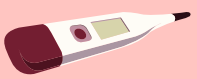
Self Quarantine

No symptoms, but exposed to a case of COVID-19 or recent travel to Level 3 location of COVID-19 activity.

Stay at home for 14 days after your last known risk of exposure to virus

- Remain out of public places
- Limit in-person interactions with others
- Do not attend classes, events or go to work
- Do not use public transportation or ride share services
- Do not host visitors
- Self-monitor
- *If you must leave home for essential items such as medications or food, ensure you are symptom free and wear a mask if possible*

Self Monitor



- Take your temperature twice daily and keep a log
- Record any symptoms you may be experiencing such as cough or shortness of breath
- If you have fever (temperature at or above 100.4F / 38C) OR feel feverish (body aches and chills) OR coughing OR shortness of breath, begin to **self-isolate**

Self Isolate

Temperature at or above 100.4F/38C or you feel sick with cough, aches, or chills.

- Avoid contact with others
- Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing
- Clean your hands often
- Rest and drink plenty of fluids
- Stay home until 72 hours after fever subsides or 7 days after the illness begins, whichever is longer.



If you are experiencing symptoms of coronavirus you can:

- Send a secure message to "Ask a Medical" on MySHAC portal. These will be responded to between 9 am-4 pm M-F.
- Call Northfield Hospital + Clinic COVID-19 Information Hotline: 507-646-1919
- Call the Northfield Clinic: 507-646-1494 M-Th 8 am-8 pm & Friday 8 am-5 pm
- All other hours, call the Northfield Hospital Emergency Department: 507-646-1100
- Allina Clinic has a free COVID-19 screening form accessible any time at onlinevisit.allinahealth.org. If they suggest a visit to discuss symptoms further, please verify they are in your insurance network prior to proceeding with visit.
- ***If you are having difficulty breathing, seek immediate medical attention***
Call Security-507-222-4444 or call 911

Day	Date	AM Temp	PM Temp	Symptoms
Day 0 is day of last potential exposure				
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				