Health Monitoring for Respiratory Illness

It has always been important to keep an eye on your health. Use this as a guide to monitor yourself for symptoms if you believe you’ve been exposed to a respiratory illness. Take your temperature twice a day, in the morning and in the evening, and write it down. Mark if you have any of the listed symptoms: circle ‘Y’ for Yes and ‘N’ for No. Pay special attention if you have a fever (100.4°F or higher), cough, or shortness of breath. If you experience fever, cough, or shortness of breath please remain self-isolated until your fever is gone, other symptoms have improved for 3 days, and it’s been at least 7 days since symptoms appeared. If you feel these symptoms are serious call your healthcare provider.

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Please record if you’re taking any medication with aspirin, Tylenol® (acetaminophen), paracetamol, Aleve® (naproxen), Motrin® or Advil® (ibuprofen), or add any other notes about how you feel here:

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Eastern Idaho Public Health
Prevent. Promote. Protect.

(208) 522-0310 or toll free (855) 533-3160
COVID-19 Decision Tree

Employee/Individual

Directly exposed to a person with *SYMPTOMS of COVID-19.

**Was Personal Protective Equipment (PPE) used?**

- **NO**
  - Self-isolate and self-monitor for 14 days per CDC guidelines.

- **YES**
  - Continue to work.

Secondarily exposed to a person with *SYMPTOMS of COVID-19.

(Close contact with person who was directly exposed.)

Do you have *SYMPTOMS?*

- **NO**
  - Self-isolate for minimum of 7 days after date of first symptom and 3 days after the fever is gone and cough and shortness of breath has subsided.

- **YES**
  - If no symptoms, return to work and self-monitor for 14 days per CDC guidelines.

*SYMPTOMS: FEVER (100.4 DEGREES OR HIGHER), COUGH, SHORTNESS OF BREATH

This document is a general guideline to assist with decision making. Please refer to your Human Resources Department, Eastern Idaho Public Health, and/or the CDC for questions that are specific to your individual circumstance or profession.

**PPE includes eye protection, masks, gowns and gloves. Refer to CDC guidelines for use of PPE.**

COVID-19 HOTLINE
(208) 522-0310 or toll free (855) 533-3160