NSCC Covid-19 Self-Screening Flowchart

Are you experiencing Covid-19 Symptoms?
- Fever (over 100.4°F or 38°C) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of smell or taste
- Sore throat
- Congestion or runny nose
- Nausea, vomiting or diarrhea

Yes, I have symptoms or tested positive

1. **Isolate** and get tested if possible.

No, I don't have symptoms

Have you been in close contact *(within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period)* with someone who has tested positive for Covid-19?

Yes

No

Day 0 | Days 1-5 | Days 6-10

Symptom onset, or date tested positive. **Isolation begins**.

Continue to Isolate.

If you have no symptoms or your symptoms are resolving **and** you are fever free for 24 hrs. Wear a mask around others and return to work/school.

Practice social distancing and good hygiene.

Day 0 | Days 1-5 | Day 6-10

Last date of exposure to positive case.

Wear a mask in doors in public for 10 days. Get tested on day 5 if possible.

If you develop symptoms, get a test if possible and **isolate**.

If you are symptom free, continue to wear a mask around others for 10 days.