### What to do if you think you have COVID-19?

#### Have you in the past 14 days

<table>
<thead>
<tr>
<th>Been in close contact(^1) with a person known to have COVID-19</th>
<th>OR</th>
<th>Reside in or been in an area(^2) with ongoing spread of COVID-19</th>
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**AND currently experiencing**

- Fever (measured >100.4°F), Cough or Difficulty Breathing

If you do not meet the criteria above, it is less likely you have COVID-19.

\(^1\) Close contact is defined as being within 6 feet of or sharing a congregated setting with a confirmed case for prolonged period of time.

\(^2\) Check CDC’s COVID-19 Travel website for most up-to-date areas with ongoing transmission ([https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html](https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html)).

#### Self-isolate

- **Stay home**: People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
- **Notify your supervisor**: Inform your supervisor that you are ill and unable to come into work.
- **Avoid public areas**: Do not go to work, school, or public areas.
- **Avoid public transportation**: Avoid using public transportation, ride-sharing, or taxis.
- **Stay away from others**: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- **Limit contact with pets & animals**: You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people.

#### Seek Medical Evaluation

- **Call ahead**: First step is to rule out the Flu – contact medical provider and let you supervisor know*.  
  - For Tricare Beneficiary: Call the Military Health System **Nurse Advice Line** (MHS NAL) at 1-800-874-2273, Option 1 or online at [https://mhsnurseadviseline.com/](https://mhsnurseadviseline.com/)
  - For Others: Contact your Primary Care provider, or **E-Consult**; CHOMP, Montage Medical Group 831-622-8001 ([https://www.montagehealth.org/montage-health/services/evist/#.XnFb8ahKjIU](https://www.montagehealth.org/montage-health/services/evist/#.XnFb8ahKjIU)).
  - If Positive: Inform your supervisor and call POMPH 831-242-4826 or MAJ Jodi Brown at 831-234-9510
  - Or: call Monterey County Health Department (MCHD) at 831-755-4521 or 831-755-5100 (after hours)

As of 15 March 2020