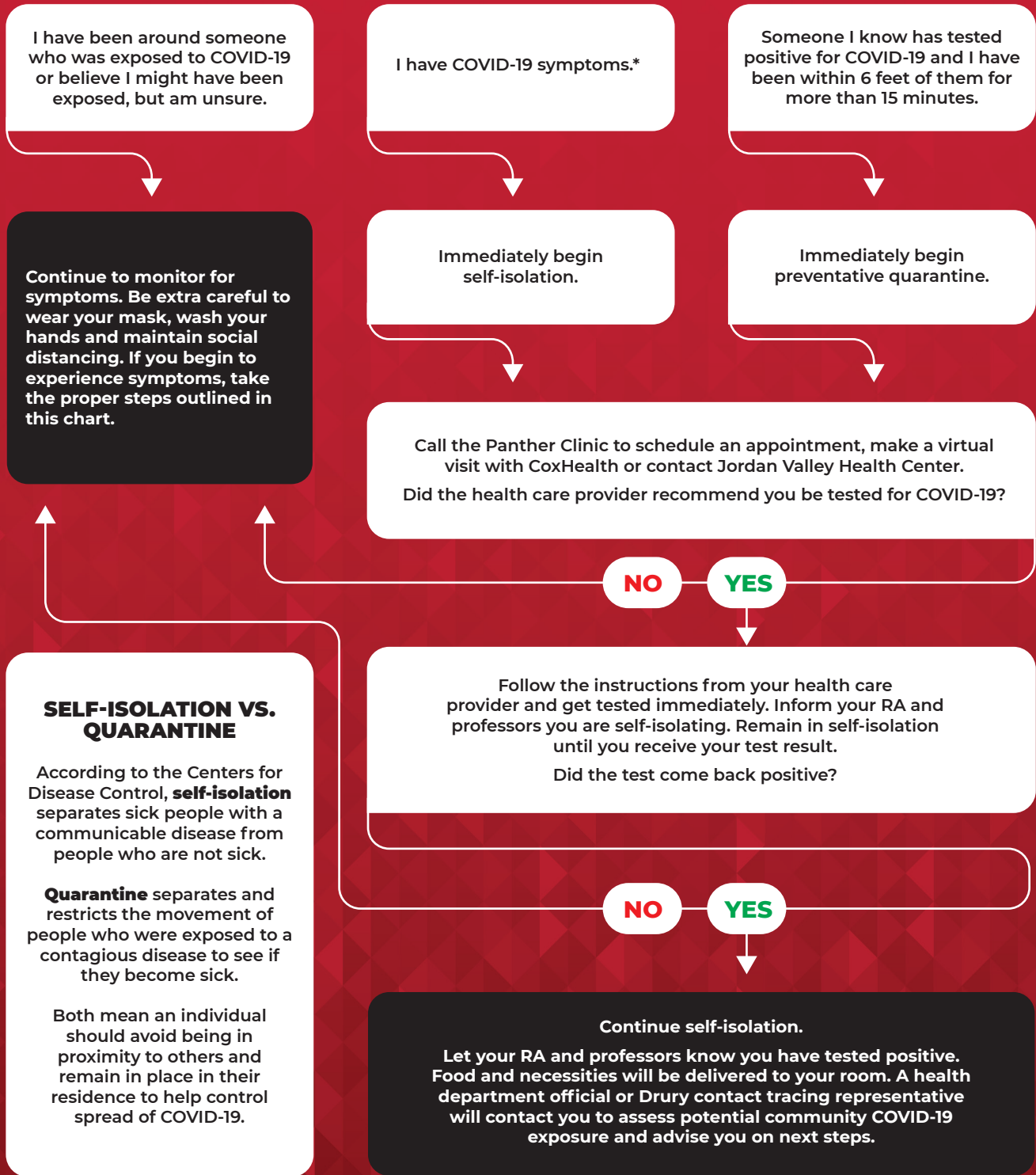


# WHAT STEPS SHOULD I TAKE?



**SELF-ISOLATION VS. QUARANTINE**

According to the Centers for Disease Control, **self-isolation** separates sick people with a communicable disease from people who are not sick.

**Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Both mean an individual should avoid being in proximity to others and remain in place in their residence to help control spread of COVID-19.

\*The list of COVID-19 related symptoms can be found on the back of this flow chart.

# **COVID-19 SYMPTOMS INCLUDE:**

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- **Fever of 100.4+ or chills**
- **Cough**
- **Shortness of breath or difficulty breathing**
- **Fatigue**
- **Muscle or body aches**
- **Headache**
- **New loss of taste or smell**
- **Sore throat**
- **Congestion or runny nose**
- **Nausea or vomiting**
- **Diarrhea**