



Questions and Answers for People Exposed to COVID-19

You have been exposed to COVID-19. These questions and answers will guide you in monitoring your health for the next 14 days. Fourteen (14) days is the longest time it might take for you to get sick with COVID-19, if you have been infected with the virus.

How can I get tested?

You can call your doctor and ask about testing or you can find places to get tested by looking at www.txcovidtest.org on the Internet. You can also call 2-1-1 and choose option 6.

What is isolation monitoring?

Isolation monitoring means that you need to stay at home for 14 days to see if you get sick with COVID-19. During the 14 days you need to take your temperature twice a day and write down any symptoms you have on a 14-day log.

Why do I need to take my temperature and write down my symptoms?

Fourteen days is the longest time between when you had contact with someone who is sick with COVID-19 and when you might get sick. Taking your temperature for 14 days and writing down any symptoms will help you know if you are getting sick with COVID-19.

What if someone in my house has COVID-19?

If someone in your house is sick with COVID-19, you will need to stay home and monitor for fourteen days after the ill person has recovered.

What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, cough and difficulty breathing. Some people also have muscle aches, tiredness, sore throat, headache, runny nose, chills, stomach pain, nausea, vomiting or diarrhea. If you have any of these symptoms during the 14 days of monitoring, please call your doctor right away.



How do I monitor my health?

A 14-Day Symptom Log is included with this information. Please use it to write down your temperature and possible symptoms on each of the 14 days. Here are the steps.

- Take your temperature with a digital thermometer **two times a day** (at least 6 hours apart), once in the morning and once in the evening
- Write the temperature every day, twice a day on the log after you take it
- If you forget to take a temperature, take it as soon as you remember
- The possible symptoms are listed on the left side of the form. Twice a day, make a check in the box only if your child has that symptom
- If you take Advil, Tylenol, Aleve or Motrin on any day, make a check in the box for that day on the bottom row of the log
- **If you have any of the symptoms listed on the log during the 14 days, stay at home and call your doctor.**

What should I do if I get sick during the 14 days?

If you get sick with any symptoms, remain isolated and call your doctor for medical advice.

If you are dangerously ill, call 9-1-1 for medical transport and tell them that you are being monitored for COVID-19.

What should I do if I have more questions?

If you have more questions you can use the Texas Health Trace website and complete the "Self-Checker" questions found at the link below:

https://txctt.force.com/ct/s/assessment?language=en_US