

COVID-19 SYMPTOM CHECKER

WHICH ZONE ARE YOU IN?



GREEN ZONE

All Clear

I AM DOING WELL TODAY

- No known exposure
- No symptoms:
 - No fever
 - No cough
 - No shortness of breath

ACTIONS

- Wash hands frequently for at least 20 seconds with soap. Use hand sanitizer if soap is unavailable.
- Stay home except for essential trips to the grocery store or pharmacy
- Cover your sneeze or cough
- Cover your mouth and nose with a mask or a clean scarf when you go outside



YELLOW ZONE

Caution

I NEED TO BE TESTED FOR COVID-19

- May have been exposed to COVID 19 and have these symptoms:
 - Fever greater than 100.4
 - Cough
 - Shortness of breath
 - Sore throat

ACT TODAY

- **Call your physician or health care team**
- Continue actions listed in the green zone
- Stay away from others in your household
- Monitor symptoms
- Wear a facemask if you must be around others



RED ZONE

Emergency

I NEED EMERGENCY MEDICAL CARE

- May have been exposed to COVID 19 and have these symptoms:
 - Gasping for air, unable to talk
 - Persistent pressure or pain in chest
 - New confusion or inability to stay awake
 - Bluish lips or face

ACT NOW

- **Call 911 or go to the Emergency Room**



Physician's Name: _____ Physician's Phone Number: _____

Contact the CDC to receive the phone number of your state health department:
www.cdc.gov/cdc info or 1.800.CDC.INFO (800.232.4636)

Adapted from Encompass Health Home Health and Hospice, by the ESRD Network 8.
To file a grievance, please contact Network 8 by phone at 1.877.936.9260, by email at nw8info@allianthhealth.org or by mail at 775 Woodlands Pkwy, Suite 310, Ridgeland, MS 39157.
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