# COVID-19 - Symptoms - "I feel sick"

**What to do if you have COVID-19 symptoms but you don't know if you have been exposed**

**INFORM SPS**

**Stay home** and **isolate**

Unvaccinated household members should quarantine but can discontinue if your health care provider (HCP) certifies you don't have COVID-19

Monitor your symptoms. Get help if symptoms get worse or if you are in a high risk category. *(Age 60+, immunocompromised, chronic health condition, pregnant)*

**SYMPTOMS**
(*that are not caused by another condition*)
• New cough
• Congestion/Runny nose
• Shortness of breath
• Difficulty breathing
• Fever
• Chills
• Muscle or body aches
• New loss of taste or smell
• Sore throat
• Vomiting
• Diarrhea

*(Be suspicious of any unusual fatigue, headache, red eyes, runny nose and congestion if not related to another illness or allergies)*

**Return to SPS when:**

• 24 hours have passed since recovery *(no fever without the use of medications and improvement in respiratory symptoms like cough and shortness of breath)* **AND**
• 10 days have passed since symptoms first occured

Check in with the office

**RETURN TO SPS**

Should I get tested? Yes, contact your HCP for a test

If you test positive for COVID-19 please follow the Confrimed COVID-19 Protocols (flow chart)

**OR**

Check in with the office

• 24 hours fever free & other symptoms are improving **AND**
• HCP sends a letter ensuring you are not contagious
**OR** COVID-free with a **negative test result**. *(we will accept a rapid and/or home test)*