

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 of Texas (Network14).
To file a grievance please contact Network 14 at 1 877 886 4435 and www.esrdnetwork.org
ESRD Network of Texas, Inc. 4099 McEwen Rd, Ste. 820 Dallas, TX 75244.
972 503 3215 office 972 503 3219 fax 877 886 4435 toll free info@nw14.esrd.net
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