

# Self-Screening and Symptom Management

Use self-screening tool. Symptoms?

Yes

No

1 From Column A or 2 or more from Column B

1 from Column B

Contact Health Links 204-788-8200 or 1-888-315-9257 or your family health care provider. Testing Recommended?

Stay at home until symptom free for 24 hours

Yes

No

Tested?

Stay at home until symptom free for 24 hours

Yes

No

Wait for results at home

Isolate for 10 days and be symptom free

Positive

Negative

Stay at home until symptom free for 24 hours

Come to school

Isolate, Public Health will guide you

- | <u>Column A - One Symptom</u>   | <u>Column B - Two or More Symptoms</u>  |
|---|---|
| <ul style="list-style-type: none"> <li>• fever &gt; 38°C or think you have a fever or chills</li> <li>• cough</li> <li>• sore throat/ hoarse voice</li> <li>• shortness of breath/ breathing difficulties</li> <li>• loss of taste or smell</li> <li>• vomiting or diarrhea for more than 24 hours</li> </ul> | <ul style="list-style-type: none"> <li>• runny nose</li> <li>• muscle aches</li> <li>• fatigue</li> <li>• conjunctivitis (pink eye)</li> <li>• headaches</li> <li>• skin rash of unknown cause</li> <li>• nausea or loss of appetite</li> </ul> |