

SELF-MONITORING INFORMATION



Guidance for persons self-monitoring for COVID-19.

This document is to help you closely monitor your health for 14 days before returning or coming to campus. It is very important for you to monitor your health prior to coming to UNT so we can work to prevent the spread of COVID-19 on the University of North Texas campus. Based on what is known about COVID-19, symptoms typically develop between 2-14 days after an individual is exposed.

What are the signs and symptoms of COVID-19?

Symptoms include: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.

How should you monitor your health during this time period?

Use the reverse side of this form to record your temperature and possible symptoms. Record this information **twice per day**. Keep this information for your records. You **do not** need to submit this to your supervisor, Human Resources or any other office on campus.

Take these steps to monitor your health and practice social distancing.

1. Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.
2. Take your temperature with a digital thermometer two times a day and monitor for fever. Also watch for other symptoms.
3. Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
4. Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
5. Remember that some people without symptoms may be able to spread the virus. Put distance between yourself and other people outside of your home.

What should you do if you become ill during this monitoring period?

If you start to notice possible symptoms or have concerns about your health, please contact your primary care provider. Students can call the Student Health and Wellness Center during normal business hours for advice. If you are unable to reach your primary care provider and are seriously ill, go to a local emergency room or urgent care center. Call in advance so ER or urgent care staff are prepared for your arrival.

- **UNT Student Health and Wellness** - 940-565-2333
- **Medical City Denton Emergency Room** - 940-384-3535
- **Texas Health Presbyterian Denton Emergency Room** - 940-898-7000
- Always call 9-1-1 in an **emergency**

If you have had **known close contact** with a person who is lab confirmed to have COVID-19, contact the COVID Hotline at 844-366-5892 or email: COVID@unt.edu.

Stay smart. Stay strong. Stay safe.
healthalerts.unt.edu

