COVID-19: THE 5 S's

Everyone should practice...

**SELF-OBSERVATION**
Remain alert for any symptoms of fever, coughing, or difficulty breathing in your body.

Developing symptoms?

Feeling feverish?

**SELF-MONITORING**
Monitor yourself for fever by taking your temperature twice a day, while continuing to remain alert for cough or difficulty breathing.

Whether voluntary or ordered, take precautions through...

**SOCIAL-DISTANCING**
Maintain a distance of at least 6 feet or 2 meters from others.
Avoid crowded settings and public transporation (ex. bus, subway, taxi/ride-share).

**SEEK ADVICE**
Call a healthcare provider or your local health department to determine if further medical evaluation is needed. Meanwhile, limit contact with others.

**SELF-ISOLATION**
Stay at home and in a specific room away from others.
Separation of a person/group of people known (or believed) to be infected with COVID-19 will help prevent its spread.