What is Self-Monitoring?

What do I need to do?

- Take your temperature twice a day (morning and night). If you do not have a thermometer, document if you feel feverish.
  - You should keep a record of whether you are taking any medication with aspirin, Tylenol®, (acetaminophen), paracetomol, Aleve® (naproxen), Motrin® or Advil® (ibuprofen). If you are taking any of those medications, temperature readings should be taken before your next dose.
- Monitor daily for symptoms including fever (temperature of 100.4° F or above), feel feverish, cough, and difficulty breathing.

What do I do if I develop symptoms?

- **If you need emergency medical care call 911** and be sure to tell them you may have been exposed to novel coronavirus.
- Otherwise, seek prompt medical attention if you develop symptoms including fever, cough, or difficulty breathing.
- Before seeking care, call your healthcare provider and tell them that you may have been exposed to novel coronavirus.
- Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed.
- Ask your healthcare provider to contact the Wyoming Department of Health.

How often will I be contacted?

- Unless you develop symptoms, the Wyoming Department of Health will not contact you.