COVID-19 for Self-Management
My Daily Check-up

### Zone Levels

<table>
<thead>
<tr>
<th>Zone Levels</th>
<th>My Zone Goal</th>
<th>How do I feel today?</th>
<th>Action</th>
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</thead>
</table>
| **Green Zone**               | **My Zone Goal**                                                             | - Have no flu-like symptoms (fever, chills, cough and shortness of breath)  
- Have not traveled in the last 14 days  
- Have not had direct, close contact with someone who is positive or presumptive positive for COVID-19                                                                 | - Social distancing  
- Frequent handwashing  
- Cover cough  
- Avoid unnecessary travel                                                                                           |
| **Yellow Zone**              | **Caution**                                                                  | - Have had close contact with someone who is positive or presumptive positive for COVID-19 while wearing appropriate PPE  
- Have a fever of 100.3+ OR a new respiratory symptom with no other symptoms                                                                 | - Continue to wear PPE  
- Social distancing  
- Frequent handwashing  
- Cover cough  
- Avoid unnecessary travel                                                                                           |
| **Red Zone**                 | **Medical Alert**                                                           | - Have had close contact with someone who is positive or presumptive positive for COVID-19 without wearing appropriate PPE  
- Have been diagnosed with COVID-19 or told by a healthcare professional that you may have COVID-19  
- Remain at work and monitor for fever or respiratory symptoms for 14 days post exposure  
- Stay home and contact EOHS                                                                                           |