

OPTIONS NORTHWEST employees should alert their Supervisor/On Call Supervisor if they have failed the self-screening assessment or if people they are supporting are experiencing symptoms. The Supervisor/On Call Supervisor should then alert the COVID Lead for further direction.

tbdhu.com/coronavirus has an online self-assessment tool if people prefer to do an online assessment or use the assessment below

COVID-19 health advice

Symptoms of COVID-19 and its variants range from mild — like the flu and other common respiratory infections — to severe. If you feel sick, it's important that you stay home and talk with a primary care provider or doctor if necessary.

If you have the symptoms of COVID-19 listed below, assume that you may have the virus and may be contagious.

- Any **one or more of:**
 - fever or chills
 - cough
 - shortness of breath
 - decreased or loss of taste or smell
- Any **two or more of:**
 - runny nose or nasal congestion
 - headache
 - extreme fatigue
 - sore throat
 - muscle aches or joint pain
 - gastrointestinal symptoms (such as vomiting or diarrhea)

If you develop severe symptoms requiring medical attention, such as shortness of breath or chest pain, call 911 and inform them that you may have COVID-19.

If you have symptoms of COVID-19

Stay home and [self-isolate](#) until all of the following apply:

- your symptoms have been improving for at least 24 hours (or 48 hours if you had nausea, vomiting and/or diarrhea)
- you do not have a fever (without the use of fever reducing medication)
- you have not developed additional symptoms