

# Guidelines For COVID-19 Symptoms & Confirmed Cases

## COVID-19 SYMPTOMS (CDC)

<b>Fever or chills</b>	<b>Cough</b>	<b>Fatigue</b>	<b>Headache</b>	<b>Diarrhea</b>
<b>Sore throat</b>	<div style="border: 2px solid blue; padding: 10px; text-align: center;"> <p><b><u>Emergency Warning Signs</u></b></p> <p>Trouble breathing                      New confusion</p> <p>Persistent pain or pressure in the chest      Bluish lips or face</p> <p>Inability to wake or stay awake</p> </div>			<b>Nausea or vomiting</b>
<b>Muscle or body aches</b>				<b>Congestion or runny nose</b>
<b>Shortness of breath or difficulty breathing</b>				<b>New loss of taste or smell</b>

This list does not include all possible symptoms. Visit [CDC.gov](https://www.cdc.gov) and search "symptoms of coronavirus," for further information.

## What Must I Do If I...

### Test Positive

- Stay home or go home
- Inform NMTCC Administration
- Contact Mont. County Health Department
- Isolate for at least 10 days following the onset of illness

### Have COVID-19 Symptoms, But Have Not Had a Test

- Stay home or go home
- Inform NMTCC Administration
- Isolate for at least 10 days following the onset of illness
- Should get a COVID-19 test

### Come in Contact with a Person Positive for COVID-19

- Stay home or go home
- Inform NMTCC Administration
- Quarantine for 14 days from last date of contact with the person

### Come in Contact with a Suspected Case or Person Who Has Symptoms

- Self-Monitor and practice safety precautions
- Act based on the suspected case's COVID-19 results

### Return from a Place under Travel Advisory

- Quarantine for 14 days upon arrival in Pennsylvania

## FOR ALL SCENARIOS ABOVE:

**Must Receive Clearance from NMTCC Administration to Return to Work**