Who should monitor their symptoms and fever?

Asymptomatic students and healthcare workers who have either...

(1) Returned from travel to countries with widespread ongoing transmission
   OR
(2) Have been exposed to a person under investigation for COVID-19 or a confirmed case

For how long?

- If exposed to a suspected or confirmed person with COVID-19: for 14 days after the last exposure, or
- If traveled to a high risk area: for 14 days after travel ended

Which symptoms to monitor?

- Fever >100.0 F
- Cough
- Shortness of breath
- Sore throat
- Chills
- Muscle pain
- New loss of taste or smell
- Vomiting
- Diarrhea

I am not a healthcare worker, how do I monitor?


What should I do if symptoms develop?

- Manage symptoms at home like any other cold and flu, protect others in your home environment, and call your healthcare provider for advice on self-care and plan for a higher level of medical care if needed.
- If you are a healthcare worker, Rutgers will be notified if you register any symptoms or fever.
Who will be asked to enter their information into the Rutgers Daily Symptom Diary?

- This is changing with time, but may include asymptomatic healthcare workers
- Your Student or Employee Health will give you instructions on how to submit
- Record symptoms twice a day

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