

Self-monitor

Check your temperature. Take your temperature when you get up in the morning, and right before you go to bed, and write it down in a log. Don't take your temperature...

- Within 30 minutes of eating, drinking, or exercising.
- Within 6 hours of taking medications that could lower your temperature, like acetaminophen, ibuprofen, or aspirin.

Be alert for symptoms of COVID-19.

Students should call Health Services at (216) 368-2450 and employees should call their healthcare provider if you have a fever (temperature of 100°F or 37.7°C), a dry cough, or trouble breathing.

Let them know you're coming.

Before you go to the emergency room, urgent care clinic, or your healthcare provider's office, call and describe your symptoms. They will tell you if you need to come in. Remember, if there's a possibility that you have COVID-19, your provider has to make preparations to protect staff and other patients.