

# 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: 5px;"> <p style="text-align: center;"><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>

## What Must I Do If I...

### Test Positive

- Stay home or go home
- Inform Tyler ISD Health Services  
Rachel.Barber@tylerisd.org  
903-262-3131
- 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 school staff
- Isolate for at least 10 days following the onset of illness  
Contact your personal physician to get tested

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

- Stay home or go home
- Inform Tyler ISD Health Services
- Rachel.Barber@tylerisd.org or 903-262-3131  
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 Texas