

## St. Vincent de Paul

### Volunteer COVID-19 Health-Screening Questions

Ask yourself the following questions and if you answer yes to any, please stay home and/or seek medical care.

1. Have you been in contact with anyone who has been diagnosed with or suspected to have COVID-19 in the past 14 days?
2. Do you have Fever?\*
3. Do you have?
  - a cough
  - shortness of breath or difficulty breathing
4. Do you have any **two** of the following:
  - headache
  - muscle pain
  - chills
  - sore throat
  - repeated shaking with chills
  - new loss taste and/or smell

\*What you need to know about temperature and fever:

- A normal temperature is 98.6°F but can range from 97.2°F to 99.9°F. Body temperature varies during the day. It is usually lower in the morning and higher in the evening.
- Your temperature can vary with activity or exercise. ***It is important that you take your temperature immediately after waking prior to any activity.***
- Wait 20 minutes to take your temperature after you drink hot or cold liquids or brush your teeth.
- Wait 30 minutes to take your temperature after a warm bath or eating.
- Wait at least an hour to take your temperature after exercise.

#### Additional COVID-19 Information:

The symptoms for COVID-19 range from mild to severe. For a complete list of symptoms, visit the website for the Centers for Disease Control and Prevention (CDC). A few additional symptoms are:

- Fatigue
- congestion or runny nose
- nausea or vomiting
- diarrhea

If you are showing any of the signs listed below, seek emergency medical care immediately.

- Trouble breathing
- Persistent pain or pressure in the chest
- New Confusion
- Inability to wake or stay awake
- Blush lips or face

**Again, this is not all of the possible symptoms. Please call your medical provider for any symptoms that are severe or concerning to you.**