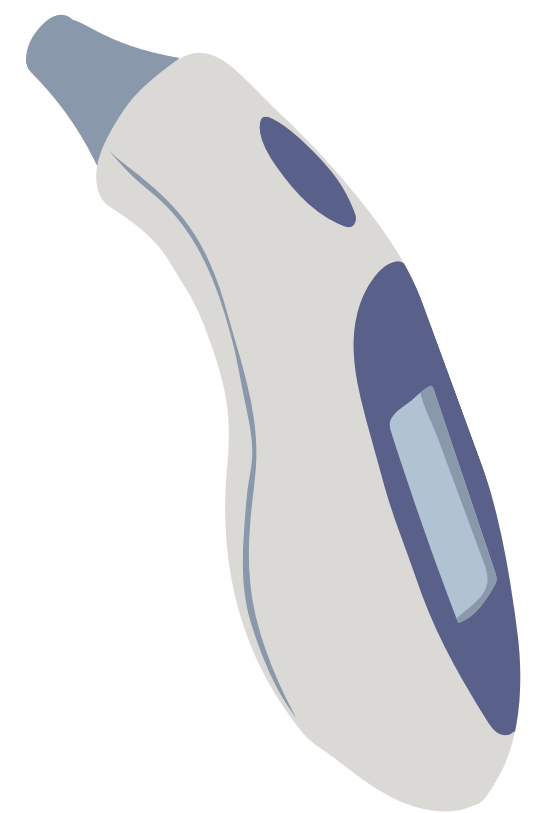


# HOW TO CHECK COVID-19 SYMPTOMS AT HOME

## Check your temperature at home.

If anyone in the household has a temperature at or above 99.6, stay home for the safety of themselves and others. Please do not return to The Arc of San Antonio until you are fever-free for 72 hours without medication or other COVID symptoms.



## Check your health at home.

1. Are you showing any of the following signs or symptoms of a respiratory infection?
  - a. cough
  - b. shortness of breath
  - c. body aches
  - d. low-grade fever
  - e. loss of sense of taste or smell
2. In the previous 14 days have you had contact with someone with a confirmed diagnosis of COVID-19; is under investigation for COVID-19; or is ill with COVID like symptoms?
3. Have you traveled in the past 14 days?



Please be responsible and check the health and symptoms of individuals and family members attending in person services at The Arc of San Antonio daily.

We ask before you leave your home check all symptoms above, and if you have had contact with someone diagnosed with COVID-19 please self-quarantine for 14 days and seek medical attention if necessary.