



Coronavirus (COVID-19) is a respiratory illness that can easily spread from person to person.

During this time of the coronavirus pandemic, everyone should be self-monitoring, wearing a mask in public places, and practicing good hygiene and social distancing.

Self-Monitoring

- Take your temperature with a thermometer twice a day and watch for symptoms such as: fever (100°F/38°C or higher), cough, shortness of breath, fatigue, muscle aches, nausea/vomiting, and diarrhea.
- If you develop symptoms, call us at 313-486-5501. If your symptoms are severe, call 911 or go to the emergency room right away.
- When calling us, tell the provider about your current symptoms, or any travel or exposure to COVID-19.
- Avoid nonessential travel.
- Wear a face covering over your nose and mouth in public spaces.
- Social distancing: Maintain a distance of at least 6 feet away from anyone not in your household.
- Wash hands frequently with soap and water for at least 20 seconds or use hand sanitizer when soap is not available.
- Sanitize high-touch surfaces often (keyboard, phone, etc.)
- Do not share cups, straws, and eating utensils with others.

For more information on monitoring your health, visit:
www.cdc.gov/COVIDtravel



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