

# COVID-19 Guidelines

## Do you have these symptoms?

- Fever
- Cough
- Colds
- Headache
- Diarrhea
- Shortness of breath
- Sore throat
- Joint and Muscle Pain

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## Have you had Exposure?

- Travelled to other countries in the past 14 days
- Exposure to a confirmed COVID-19 patient
- Travelled to, reside, or work in local areas with reported COVID-19 cases
- Exposure to a Person Under Investigation (PUI) for COVID-19

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### With Exposure + With Symptoms:

- If young (<60 years old), with no other illnesses and mild symptoms: Conduct home quarantine.
- If elderly (>60 years old), with other illnesses and/or severe symptoms: Proceed to the Emergency Room for assessment.

### With Exposure + No Symptoms:

- Conduct home quarantine for 14 days and monitor symptoms.
- Should symptoms start to develop, proceed to the Emergency Room for assessment.

### No Exposure + With Symptoms:

- Manage symptoms accordingly. Proceed to the Emergency Room for assessment.

#StopTheSpread