

TO: ALL ALPINE HOMECARE EMPLOYEES

MEMO: Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus.**

People with these symptoms may have COVID-19:

- *Cough*
- *Shortness of breath or difficulty breathing*
- *Fever*
- *Chills*
- *Muscle pain*
- *Sore throat*
- *New loss of taste or smell*

This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like *nausea, vomiting, or diarrhea.*

When to Seek Emergency Medical Attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**

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

*This list is not all possible symptoms. Please call your medical provider and AHC Supervisor for any other symptoms that are severe or concerning to you before going to work. Please contact your supervisor before providing services to a client with other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.