

COVID-19 INFORMATION

SELF-MONITOR AND PRACTICE SOCIAL DISTANCING



1. Take your temperature with a thermometer two times a day and monitor for fever of 100.4° or higher. Also watch for cough, shortness of breath or difficulty breathing, chills, muscle pain, sore throat and/or a new loss of taste or smell.



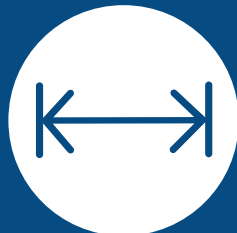
2. Stay home and avoid contact with others.



3. Do not take public transportation, taxis, or ride-shares.



4. Avoid crowded places (such as shopping centers and movie theaters) and limit activities in public.



5. Keep your distance from others (about 6 feet or 2 meters).



6. If you have additional questions regarding COVID-19, you may call the Chattanooga-Hamilton County COVID-19 Hotline at 423-209-8383, University Health Services at 423-425-2266, or your personal healthcare provider.

TAKE EVERYDAY PRECAUTIONS



**WASH YOUR HANDS
20 SECONDS**



DON'T TOUCH FACE



AVOID SICK PEOPLE



THE UNIVERSITY OF TENNESSEE
CHATTANOOGA
University Health Services



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