

# COVID-19 (Coronavirus) Self-Assessment Tool: (3 STEPS)

\*\* This tool is meant to be a guide and is in NO way a replacement for professional medical advice \*\*

## STEP #1: SYMPTOM EVALUATION: (circle symptoms and add points together)

Common COVID-19 Symptoms	Symptom Percentage in Individuals with COVID-19	Points Per Symptom	
<b>Major Symptoms</b>			
Fever	88%	Age >= 60	5
		Age < 60	3
Cough (usually dry)	67%	3	
Shortness of Breath	18.6%	5	
Significant Fatigue	26%	2	
Loss of Smell	30%	2	
<b>Minor Symptoms</b>			
Body Aches	14.8%	1	
Headache	13.6%	1	
Sore Throat	13.9%	1	
Diarrhea or Nausea	8.7%	1	
<b>Symptom Score: Sum of Points</b>			

**\*\* YOU DO NOT NEED TESTING FOR COVID-19 IF YOU DO NOT HAVE SYMPTOMS \*\***

## STEP #2: RISK EVALUATION: (circle your category below)

CATEGORIES	DESCRIPTION
<b>Very High Risk</b>	Close and/or significant exposure to person with confirmed COVID-19
<b>High Risk</b>	Travel to China, South Korea, Iran, Europe, New York or New Jersey within the last 14 days
	Exposure to person with confirmed COVID-19 within the last 14 days
	Exposure to person with suspected COVID-19 within the last 14 days
<b>Medium Risk</b>	Travel to any foreign country with reports of COVID-19 within the last 14 days
	Travel on cruise ship within the last 14 days
	Travel on airplane within the last 14 days
	Healthcare worker or first responder who work in an environment with potential for community exposure
<b>Special Populations</b>	Any symptomatic person where a COVID-19 diagnosis can have a significant impact on the person or cause widespread community exposure. Examples below: <ul style="list-style-type: none"> <li>Teachers, people working in a job with exposure to large numbers of people in public: theaters, live events, airport, bus drivers, restaurant, etc.</li> <li>Resident or worker of long-term care facility such as nursing homes, assisted living facilities, board and care, skilled nursing facilities</li> <li>People with chronic medical conditions: age&gt;60 or people with diabetes, chronic lung disease, asthma, heart disease, weak immune systems, etc.</li> </ul>
<b>Lower Risk</b>	Anyone who is NOT in the above categories

## STEP #3: SELF-ASSESSMENT & ACTION: (combine symptom score and risk category)

Symptom Score	AND	Risk Category	Assessment	ACTION
Any major symptom	AND	Very High Risk	Suspected COVID-19	<b>Need COVID-19 test</b> , immediately initiate self-isolation, contact your provider for testing and advice
>=8 points	AND	High Risk	Suspected COVID-19	
>= 10 points	AND	Medium Risk	Possible COVID-19	<b>May need COVID-19 test</b> , arrange telemedicine visit with your provider asap or Sutter urgent care, <b>inform them of your symptoms by calling in first</b> , initiate self-isolation until cleared
>= 10 points	AND	Special Population	Possible COVID-19	
>= 10 points	AND	Lower Risk	COVID-19 testing depends on medical provider assessment based on other factors	<b>Consider other possible causes of symptoms</b> , possible need for COVID-19 test, arrange telemedicine visit with your provider asap, <b>inform them of your symptoms by calling in first</b> , initiate self-isolation until cleared
If you do not meet the above combined criteria			Likely other diagnosis	<b>Consult your provider by telemedicine</b>