Self-Check for COVID-19

Start by taking your temperature.

Was your temperature within the normal range of 97°F and 99°F?

If you have any of these symptoms, get tested.

Do you have a cough, shortness of breath, or difficulty breathing?

For more information on COVID-19, visit: Coronavirus-SD.com
Help keep our community safe by following the steps below and continuing to check for symptoms of COVID-19 daily.

- Wear a mask over your nose and mouth.
- Maintain physical distance of at least 6 feet.
- Wash your hands regularly.
- Stay at home if you are sick.

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