EMPLOYEES

PROTECTING MYSELF AND OTHERS FROM COVID-19

CHECK TWICE A DAY FOR:

FEVER  COUGH  SHORTNESS OF BREATH

Other COVID-19 symptoms may include: sore throat, fatigue, aches, loss of taste, and loss of smell.

UMB COVID-19 HOTLINE: 800-701-9863

Call the UMB COVID-19 Hotline with questions or concerns about COVID-19, including if:

› You are experiencing symptoms consistent with COVID-19
› You have been exposed to COVID-19, including:
  › exposure to a co-worker with COVID-19
  › community exposure to COVID-19
  › exposure to a patient with COVID-19 without appropriate protective equipment
› You receive a diagnosis of COVID-19
› A doctor recommends that you quarantine
› A COVID-19 test is taken
› You have concerns about recent travel related to COVID-19

IF YOU HAVE SYMPTOMS OF COVID-19:

Stay home | Separate yourself from others
Wear a cloth face mask | Clean your hands often
Clean and disinfect surfaces

For more information, visit: coronavirus.gov

umaryland.edu/coronavirus