



Roanoke County Fire & Rescue – Home Monitoring

You have been seen and evaluated by a Roanoke County Fire & Rescue EMS provider team. By criteria set forth by the CDC and the best available evidence, you are currently categorized as being low risk for serious life-threatening complications due to your illness.

- Please practice social distancing at your home for the next 14 days.
- Do not go to the emergency department without first calling your primary care provider (PCP).
 - **The emergency department will not test you for the COVID-19 virus, call your PCP.**
- If you do not have a PCP, call the Virginia Department of Health (VDH) for guidance at 1-800-ASK-VDH3.
- Keep a log of your symptoms on the back of this page.
 - Discuss your symptom trend with your PCP.
- If your symptoms worsen, and your condition changes, please call your PCP for advice on how to proceed.
- Please call 911 if you feel your symptoms are becoming life-threatening, and you will be reevaluated for potential transport to the hospital.

Instructions for you, while in home monitoring:

- **Do not go to work, school or public areas.** Avoid using public transportation, ride sharing, or taxis.
- If you have a medical emergency and need to call 911
 - Notify the dispatch personnel that you have, or are being evaluated for COVID-19.
 - If possible, put on a facemask before emergency medical services arrive.
- Wear a facemask.
- Cover your cough and sneezes.
- Clean your hands often.
- Avoid sharing personal household items.
- Clean all “high-touch” surfaces every day.
- More detailed information can be found on the Virginia Department of Health website, or by calling VDH at 1-800-ASK-VDH3.

You have been asked to practice social distancing and stay at home and wait for your symptoms to end. You have been asked to do this by a team that includes a physician. Please show this to your employer as needed.

EMS Provider: _____ Patient Name: _____
 Signature: _____ DOB: _____
 OMD: _____ PCP: _____
 Incident #: _____ Date: _____

| Initial Vitals | | | | | |
|----------------|----|----|------|----|-----|
| Temp | HR | BP | SpO2 | RR | GCS |
| | | | | | |