



Dear State of Missouri Team:

We appreciate how this incredible team of nearly 50,000 members across Missouri has worked together through these challenging times. You have adapted how you live and work to respond to the COVID-19 public health challenge. As we transition to recovery, it is important to remember that COVID-19 will still be among us. Therefore, we want to provide you some important updates and tips to help you take proactive measures to stay safe, healthy and productive.

First, the Centers for Disease Control and Prevention (CDC) have updated its list of COVID-19 symptoms. They added six new possible indicators of the virus. The [CDC](#) now recognizes the following as possible symptoms for COVID-19 that may appear 2-14 days after exposure to the virus:

- chills
- repeated shaking with chills
- muscle pain
- headache
- sore throat
- new loss of taste or smell
- cough
- shortness of breath
- fever

Second, this is allergy season. Some of the symptoms of allergies may be similar to COVID-19 or other illnesses. These can be fever, cough and shortness of breath, or difficulty breathing. This can make it hard to know if you are battling allergies, the flu, a common cold, or COVID-19. To help you understand the different symptoms, take a look at our symptom checker:



CORONAVIRUS vs. COLD vs. FLU vs. ALLERGIES

SYMPTOMS	COVID-19*	COLD	FLU	ALLERGIES
Fever	Common (measured at 100 F or higher)	Rare	High (100-102 F), can last 3-4 days	No
Headache	Sometimes	Rare	Intense	Sometimes
General aches, pains	Sometimes	Slight	Common, often severe	No
Fatigue, weakness	Sometimes	Slight	Common, often severe	Sometimes
Extreme exhaustion	Sometimes (progresses slowly)	Never	Common (starts early)	No
Stuffy nose	Rare	Common	Sometimes	Common
Sneezing	Rare	Common	Sometimes	Common
Sore throat	Sometimes	Common	Common	No
Cough	Common	Mild to moderate	Common, can become severe	Sometimes
Shortness of breath	In more serious infections	Rare	Rare	Common
Runny nose	Rare	Common	Sometimes	Common
Diarrhea	Sometimes	No	Sometimes**	No
New loss of taste, smell	Sometimes	Rare	No	Rare
Chills, shaking with chills	Sometimes	Rare	Common	No

** Sometimes for children.

* Information still evolving.

Sources: DHSS, CDC, WHO, National Institute of Allergy and Infectious Diseases, American College of Allergy, Asthma and Immunology

Or you can use CDC's [self-checker tool](#) to check your symptoms and make decisions about seeking medical care.

Third, as Missouri gradually reopens, citizens are encouraged to continue take precautions to protect themselves and others. [The CDC recommends people wear a cloth face covering](#) in a community setting like grocery stores. You might choose to wear a face covering when in other public places as well. [Cloth face coverings](#) offer some degree of protection to the wearer and those around them if they come into close contact (within the social distancing guidelines of 6 feet). They also can prevent people who may unknowingly have the virus and from transmitting it to others. See further [face covering guidance on OA's employee resource webpage](#).

But remember surgical masks and N-95 respirators should be reserved for healthcare workers and others in direct contact with known or suspected COVID-19 patients.

Take a look at [OA's Sam Swoboda here](#) who can show you multiple ways to make your own. Or check out the [CDC's guidance on DIY face coverings](#).

Fourth, staying active is important to fighting COVID-19. While we have some limits on what we can do, this does not mean your physical activity has to come to a halt. DHSS's Susan Thomas [demonstrates some exercises in this video](#) that you can do using only common items that everyone already has around the house. And find ways to get outdoors.

Lastly, a message for anyone working at a desk, whether in the office or working remotely from home: remember what your mother told you and sit up straight! Consider your posture and ergonomics even when working at a desk in the office or at home. The basics keep you healthy. The ideal work station includes:

- Top of monitor at or just below eye level
- Head and neck balanced and in-line with torso
- Shoulders relaxed
- Elbows close to body and supported
- Lower back supported
- Wrists and hands in-line with forearms
- Adequate room for keyboard and mouse
- Feet flat on the floor



Take a look at [this video](#) from OA which provides helpful ergonomic tips.

Thank you all for the incredible work you do to help our fellow Missourians navigate through these difficult and unprecedented times. For information on the “Show Me Strong Recovery” Plan, please visit <https://showmestrong.mo.gov>.

In good health,

Dr. Randall Williams

Director, Department of Health and Senior Services

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