Community Health Watch is a symptom-support program that helps you manage your health during the pandemic. The program is open to anyone, anywhere.

**What is Community Health Watch?**


**Why should I join?**

- Community Health Watch helps you manage symptoms related to COVID-19 at home.
- We tell you if your symptoms are severe enough to call your health care provider or go to the hospital.
- We will personally call you if you report severe symptoms or stop reporting your symptoms for 24 hours to make sure you are OK.
- Participating will help us improve the COVID-19 pandemic response for people and populations.
- We’ll use the info to better characterize COVID-19 disease progression, identify risk factors for severe COVID-19 infection, and improve how health systems plan.

**Who should sign up?**


Anyone, for any reason, can connect. Concerned about possible exposure? Curious about who gets severe COVID-19? Preparing to go back to the office? Wondering how reopening will affect you? Worried about your family’s well-being? Anyone.


**How do I participate?**

**Signing up is easy.**

1. Scan this QR Code with your smart phone or visit pandemicresponsenetwork.org/covidwatch.
2. Report symptoms twice a day using a cell phone or computer.

**For more information:**

- Visit pandemicresponsenetwork.org/covidwatch;
- Call 919-684-7979; or
- Email info@pandemicresponsenetwork.org

*Impact: “It feels so good knowing you guys are out there—it’s so comforting” —Participant, age 79*