

## COVID-19 DAILY SELF-CHECKLIST

Review this COVID-19 Daily Self-Checklist **each day before reporting to work.**

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The best solution to combatting COVID-19 is through **prevention** – wearing face coverings, frequent handwashing and maintaining social distance of 6 feet or more.

**Monitoring symptoms is a required preventive strategy for COVID-19. If you reply YES to any of the questions below, you must STAY HOME, notify your supervisor of the needed absence, and contact your health care provider.**

**Do you have a fever (temperature over 100.3°F) without having taken any fever reducing medications?**

- Yes
- No

**Cough?**

- Yes
- No

**Muscle Aches?**

- Yes
- No

**Shortness of Breath?**

- Yes
- No

**Chills?**

- Yes
- No

**Sore Throat?**

- Yes
- No

**New Loss of Taste/Smell?**

- Yes
- No

**Gastrointestinal Symptoms such as nausea, diarrhea and vomiting?**

- Yes
- No

**Have you, or anyone you have been in extended close contact with (within six feet for 30 minutes or more), been diagnosed with COVID-19 in the last 14 days?**

- Yes
- No

**Are you currently in quarantine for possible contact with COVID-19?**

- Yes
- No

**Have you been asked to self-isolate or quarantine by a medical professional or a local public health official in the last 14 days?**

- Yes
- No

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If you start feeling sick with any of the above-mentioned symptoms during your shift, phone your supervisor, go immediately home without coming into contact with coworkers, and contact your physician and ask for COVID testing by phone after leaving work.

*This guidance is intended for self-screening prior to the start of the workday. It is not intended for people confirmed or suspected COVID-19. Individuals with confirmed or suspected COVID-19 should follow CDC guidance.*