COVID-19 DAILY SELF-CHECKLIST

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

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°F) without having taken any fever reducing medications?
☐ Yes
☐ No

New Cough?
☐ Yes
☐ No

Muscle or Body Aches?
☐ Yes
☐ No

New Loss of Taste/Smell?
☐ Yes
☐ No

Chills?
☐ Yes
☐ No

New Sore Throat?
☐ Yes
☐ No

New Shortness of Breath/Difficulty Breathing?
☐ Yes
☐ No

New Headache?
☐ Yes
☐ No

Extreme Fatigue?
☐ Yes
☐ No

New Congestion or Runny Nose?
☐ 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

If you start feeling sick with any of the above-mentioned symptoms during your shift, immediately leave the campus without coming into contact with supervisors or coworkers. Notify your supervisor once you arrive at a safe off-campus location. Seek a COVID-19 diagnostic test from your healthcare provider as soon as possible.

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.

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