

## 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°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

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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.