

COVID-19 Daily Self-Assessment Checklist

Each employee is required to conduct a self-assessment daily for any signs of illness or COVID-19 symptoms prior to coming to work.

You should take your temperature each day as part of this self-assessment. A fever is considered a temperature when it is equal to or more than 100 degrees Fahrenheit.

SELF-HEALTH ASSESSMENT

Do you currently have or have you had any of these symptoms in the last 14 days **not related to another medical condition?**

- Fever or chills
- New or increased shortness of breath
- Cough or sore throat
- Diagnosed with COVID-19 in the last 14 days
- Fatigue
- Headache
- Congestion or Runny Nose
- Decreased sense of smell or taste
- Muscle aches and pain
- GI symptoms (nausea, vomiting, diarrhea)

ENVIRONMENTAL ASSESSMENT

- In the last 14 days I have cared for someone who is/was symptomatic of COVID-19.
- In the last 14 days I have been contacted by a public health or healthcare professional about possible exposure to COVID-19.
- In the last 14 days I have been in prolonged or close contact with someone who has tested positive for COVID-19.

NEXT STEPS

- If you did not have any above symptoms or environmental exposure, you can report to campus.
- **If you have a fever equal to or more than 100 degrees, any of the symptoms or environmental exposure listed above, DO NOT report to work. Notify your immediate supervisor and contact a medical provider.**



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