COVID-19 Daily Self Checklist

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

If you reply YES to any of the questions below, STAY HOME and follow the steps below:

- Step 1: Follow up with your doctor and
- Step 2: Contact your supervisor

If you start feeling sick during your shift, follow steps 1 and 2 above.

**Do you have a fever (temperature over 100.4F) without having taken any fever reducing medications?**

- [ ] Yes
- [ ] No

**Loss of Smell or Taste?**

- [ ] Yes
- [ ] No

**Muscle Aches?**

- [ ] Yes
- [ ] No

**Sore Throat?**

- [ ] Yes
- [ ] No

**Cough?**

- [ ] Yes
- [ ] No

**Shortness of Breath?**

- [ ] Yes
- [ ] No

**Chills?**

- [ ] Yes
- [ ] No

**Headache?**

- [ ] Yes
- [ ] No

**Have you experienced any gastrointestinal symptoms such as nausea/vomiting, diarrhea, loss of appetite?**

- [ ] Yes
- [ ] No

**Within the past fourteen days, have you, or anyone you have been in close contact with been diagnosed with COVID-19, or been placed on 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?**

- [ ] Yes
- [ ] No

If you replied YES to any of the questions above, STAY HOME and follow Steps 1 & 2. Please do not report to work on campus.