

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** - handwashing, covering your mouth and nose when coughing and sneezing, cleaning, and avoiding close contact with others.

Monitoring symptoms is another important 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

Sore Throat?

- Yes
- No

Shortness of Breath?

- Yes
- No

Chills?

- Yes
- No

New Loss of Taste/Smell?

- 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 48 hours?

- 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 48 hours?

- Yes
 - No
-

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 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.