



## COVID-19 Daily Self-Monitoring Checklist

Review this COVID-19 Daily Self-Monitoring Checklist **every day before reporting to work.**

If you respond YES to any of the questions, stay home and follow the steps as outlined:

1. Contact your healthcare provider.
2. Contact your supervisor to notify them of your absence or to discuss options to work remotely.
3. Report your illness to Human Resources.

If you begin displaying symptoms consistent with COVID-19 during the workday, immediately isolate yourself and notify your supervisor that you need to leave. Go home and then complete steps 1 and 3 as noted above.

### Daily Self-Monitoring Questions

1. Do you have a fever (temperature of over 100.3F) without having taken any fever reducing medications?  
 Yes  No
2. Have you lost your sense of smell or taste?  Yes  No
3. Are you experiencing any muscle aches not due to exercise?  Yes  No
4. Do you have a sore throat?  Yes  No
5. Do you have a cough? (worse than usual if you have a daily cough)  Yes  No
6. Do you have sneezing, runny nose or sinus congestion? (worse than usual if this is common for you)  
 Yes  No
7. Are you experiencing shortness of breath?  Yes  No
8. Do you have chills or repeated shaking with chills?  Yes  No
9. Do you have fatigue that is unusual or more severe than normal?  Yes  No
10. Do you have a headache? (worse than usual if you have headaches regularly)  Yes  No
11. Have you experienced any new gastrointestinal symptoms such as nausea/vomiting, diarrhea, or loss of appetite?  Yes  No
12. 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
13. Have you been asked or advised to self-isolate or quarantine by a medical professional or local public health official?  Yes  No
14. Have you recently travelled to an area identified as COVID Risk Level Red or Orange as identified Harvard Global Health Institute: <https://globalepidemics.org/key-metrics-for-covid-suppression/>?  Yes  No