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** Call your supervisor and
**Step 2** Call or email Human Resources at 508-999-8060 or humanresources@umassd.edu.

If you start feeling sick during your shift, follow steps 1 and 2 above. Contact Human Resources about paid time off and other benefits.

- Do you have a fever (temperature over 100°F) without having taken any fever reducing medications?
  - Yes
  - No

- Muscle Aches?
  - Yes
  - No

- Chills?
  - Yes
  - No

- Sore Throat?
  - Yes
  - No

- Headache?
  - Yes
  - No

- Cough?
  - Yes
  - No

- Loss of Smell or Taste?
  - Yes
  - No

- Shortness of Breath?
  - Yes
  - No

- Have you experienced any gastrointestinal symptoms such as nausea/vomiting, diarrhea, loss of appetite?
  - Yes
  - No

- 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