



COVID-19 DAILY SELF CHECKLIST

INSTRUCTIONS

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:

1. Report your absence by contacting your supervisor.
2. Contact your health care provider for next steps.

CHECKLIST QUESTIONS

- Do you have a fever (temperature over 100°F/chills) without having taken any fever reducing medications?
- Cough?
- Sore throat?
- Tiredness or fatigue?
- Diarrhea?
- Muscle/body aches?
- Headache?
- Shortness of breath?
- New loss of taste or smell?
- 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?
- Have you been asked to self-isolate or quarantine by a medical professional or a local public health official?



SHAC is still here for you!

Questions? Please contact SHAC at 503.725.2800

For after hours assistance, contact 1.844.224.3145