COVID-19 DAILY SELF CHECKLIST

INSTRUCTIONS

Review this COVID-19 Daily Self Checklist each day before coming 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 in the last 14 days, or been placed on quarantine for possible contact with COVID-19?
  ○ If you have been fully vaccinated* AND have no symptoms, this does not apply to you.
  ○ *Fully vaccinated means that you have completed the COVID-19 vaccine series according to the manufacturer and it has been at least two weeks since the final dose.

- Have you been asked to self-isolate or quarantine by a medical professional or a local public health official?

SHAC is here for you!
Questions? Please contact the Nurse Line at 503.725.2515
For after hours assistance, contact 1.844.224.3145