COVID-19 DAILY SELF CHECKLIST

INSTRUCTIONS

Review this COVID-19 Daily Self Checklist each day before coming to class:

If you reply YES to any of the questions below, STAY HOME and follow the steps below:

1. Report your absence by contacting your professor.

2. Contact SHAC or your health care provider for next steps.

*SHAC will follow the most current recommendations from the CDC and Oregon Health Authority for guidance on returning to class.

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 SHAC at 503.725.2800
For after hours assistance, contact 1.844.224.3145