COVID-19 Daily Self-Monitoring Checklist

All employees scheduled to work on campus are required to complete this daily self-monitoring checklist before reporting to work. If you reply YES to any of the questions in the checklist, stay home and follow the steps outlined below:

☐ Do you have a Fever (temperature of 100.4 F or higher) without having taken any fever reducing medications?
☐ Do you have Chills?
☐ Do you have a Cough?
☐ Do you have Shortness of Breath or Difficulty Breathing?
☐ Do you have Congestion or a Runny Nose?
☐ Do you feel Fatigued?
☐ Do you have Muscle Aches?
☐ Do you have a Sore Throat?
☐ Do you have a Headache?
☐ Do you have a New Loss of Smell or Taste?
☐ Have you experienced any gastrointestinal symptoms such as nausea/vomiting, diarrhea, loss of appetite?
☐ 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?

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

1. Call your supervisor.
2. Call your healthcare provider for guidance on testing/medical care.
3. Call or email Kay Faircloth in Human Resources for questions regarding available leave for COVID-19 related absences (jfaircl6@uncfsu.edu or 910-672-2461).

If you start feeling sick during your shift, notify your supervisor, go home, and follow steps 2 and 3 above.

If you are sick with COVID-19 or believe you might have it, you should stay home. You may return to work when you provide a note from your healthcare provider returning you to work.