

COVID-19 Daily Symptom or Exposure Checklist

- ☐ Do you have a Fever (temperature over 100.30F) without having taken any fever reducing medications?
- ☐ Do you have a Loss of Smell or Taste?
- ☐ Do you have a Cough?
- ☐ Do you have Muscle Aches?
- ☐ Do you have a Sore Throat?
- ☐ Do you have Shortness of Breath?
- ☐ Do you have Chills?
- ☐ 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 above, follow the steps below:

1. **Stay home** and follow the CDC guidelines.
2. Notify your immediate supervisor immediately.
3. Contact your primary care physician to inform them of your symptoms.
 - If you need to see a physician and your primary care physician is not available, convenient and cost-effective care options such as Call a Doc, www.247calladoc.com or (844) DOC-24HR are available for those covered by the USF health plan.