

Daily COVID-19 Employee Self Checklist

Employee Name: _____ Date: _____ Time in: _____

Complete your COVID-19 Daily Self Checklist each day before starting work. Check your temperature onsite using a thermometer, or take your temperature at home if a thermometer is not available onsite. This questionnaire is for confirmation purposes only. **These questions must be answered before you leave to report to the worksite. If you answer yes to any of these questions according to the guidelines, DO NOT REPORT TO WORK.**

Do you have a fever (temperature over 100.4 degrees F) without having taken any fever reducing medications?

- Yes
- No

Current temperature _____

1. Do you have any for the following symptoms WITH AN UNKNOWN cause (e.g. not due to asthma, COPD, chronic sinusitis, etc.):

- | | | | |
|------------------------------|------------------------------|------------------------------|------------------------------|
| Loss of Smell or Taste? | Chills? | Shortness of breath? | New or Worsening Cough? |
| <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> No | <input type="checkbox"/> No | <input type="checkbox"/> No | <input type="checkbox"/> No |

2. Have you, or a family member living with you, been exposed to someone confirmed to have COVID-19?

- Yes
- No

If you reply YES to ANY of the questions above, STAY HOME and

- Step 1: Call your supervisor and**
- Step 2: Monitor your symptoms**
- Step 3: Contact your healthcare provider. If at any time a doctor confirms the cause of fever or other symptoms is NOT COVID-19 and approves return to work, an employee may return to work.**

If you start feeling sick during your shift, follow steps 1-3 above.

Daily, continue the following preventative measures:

- Physical distancing*
- Wear a face covering*
- Practice frequent handwashing*
- Cover your cough and sneeze in your sleeve/elbow*
- Clean all high-touch surfaces regularly*
- Stay home when sick*

Please submit completed questionnaire to your supervisor.