



Review this COVID-19 Daily Self Checklist **each day before reporting to work.**

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

- Step 1: Call your supervisor and
- Step 2: Call or Email Katie Temple at 774-455-7571 or [ktemple@umassp.edu](mailto:ktemple@umassp.edu).

If you start feeling sick during your shift, follow steps 1 and 2 above.

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

- ☐ Yes
- ☐ No

**Loss of Smell or Taste?**

- ☐ Yes
- ☐ No

**Muscle Aches?**

- ☐ Yes
- ☐ No

**Sore Throat?**

- ☐ Yes
- ☐ No

**Cough?**

- ☐ Yes
- ☐ No

**Shortness of Breath?**

- ☐ Yes
- ☐ No

**Chills?**

- ☐ Yes
- ☐ No

**Headache?**

- ☐ Yes
- ☐ No

**Have you experienced any gastrointestinal symptoms such as nausea/vomiting, diarrhea, loss of appetite?**

- ☐ Yes
- ☐ No

**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?**

- ☐ Yes
- ☐ No

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

- ☐ Yes
- ☐ No