

# COVID-19 DAILY SELF-ASSESSMENT

This self-assessment tool is based on Centers for Disease Control (CDC) guidance and will help you assess your symptoms to determine if you should report to work or class. It is subject to change as new guidance is provided by CDC and other qualified healthcare providers.

## SYMPTOMS

**NO**      **YES**

**Have you felt sick or ran a fever greater than 100.4 in the last 24 hours?**



**Have you had any of these symptoms in the past 24 hours?**



- New cough (not related to allergies)
- Difficulty breathing
- Chills
- Muscle pain
- Sore throat
- Shortness of breath
- Fever
- Repeated shaking with chills
- New loss of taste or smell
- Headache

**Have you had any one of these symptoms in the past 24 hours (not related to allergies)?**



- Runny nose
- Stuffy nose
- Sneezing

**If you have experienced a runny nose, stuffy nose or sneezing in the past 24 hours, is it getting worse?**



**If NO** to *all* of the above: Report to work.

**If YES** to *any* of the above: Stay home and report your symptoms to your supervisor (employees) or Student Affairs (students). Contact your healthcare provider and follow their guidance.

## EXPOSURES

**Have you been tested for COVID-19 (awaiting results)?**



- **If YES**, stay home pending test results.

**Have you tested POSITIVE for COVID-19?**



- **If YES**, self-isolate at home and follow guidance from the public health department or your healthcare provider.

**Have you been in close contact with someone with a confirmed or suspected case of COVID-19 in the past 14 days?**



- **If YES**, self-quarantine at home for 14 days since last contact and follow guidance from the public health department or your healthcare provider. Fully vaccinated individuals should follow guidance from the local health department.

**Unvaccinated individuals, have you traveled out of the country within the last 14 days?**



- **If YES**, self-quarantine for 3 days following your trip before being tested on the third day. Stay home pending test results.

**Unvaccinated individuals, have you traveled within the country by plane or train?**



- **If YES**, self-quarantine for 3 days following your trip before being tested on the third day. Stay home pending test results.

**FOR COVID-19 TESTING** please schedule an appointment through the Millikin SHIELD Clinic.

**Questions?** Contact the SHIELD patient support line at 217.265.6059.