



Employee COVID-19 Daily Self Checklist



Review this COVID-19 Daily Self Checklist **each day before going to work**. Consider your personal health and if you have any chronic symptoms or are these **NEW SYMPTOMS**.

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

- Step 1: Enter the absence in Frontline
- Step 2: Contact your supervisor
- Step 3: Contact your Healthcare provider
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If you start to feel sick during your work day, follow steps 1 and 2 above.

Do you have a fever (temperature over 100.3°F) without having taken any fever reducing medications?

- YES
- NO

New Loss of Smell or Taste?

- YES
- NO

New Muscle Aches?

- YES
- NO

New Sore Throat?

- YES
- NO

New Cough?

- YES
- NO

New Shortness of Breath?

- YES
- NO

New Chills?

- YES
- NO

New 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

If Yes, contact our Human Resources Office

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

- YES
- NO

If Yes, contact our Human Resources Office

The CDC has helpful information about the symptoms of the CoronaVirus. Click here <https://bit.ly/2ZB7K1X> or, scan QR Code with your camera phone.



Visit the Imperial County Public Health Department: www.icphd.org