



Employee COVID-19 Daily Self Checklist 2022



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

If you start to feel sick during your workday, follow steps 1 and 2 above.

Have you experienced any of the following symptoms of COVID-19 within the last 48 hours?

Fever or chills	Yes	No
Cough	Yes	No
Shortness of breath or difficulty breathing	Yes	No
Fatigue	Yes	No
Muscle or body aches Headache	Yes	No
New loss of taste or smell	Yes	No
Sore throat	Yes	No
Congestion or runny nose	Yes	No
Nausea or vomiting	Yes	No
Diarrhea	Yes	No

Have you tested positive for COVID-19 in the past 10 days? Yes No

Are you currently awaiting results from a COVID-19 test? Yes No

Have you been diagnosed with COVID-19 by a licensed healthcare provider (for example, a doctor, nurse, pharmacist, or other) in the past 10 days? Yes No

Have you been told that you are suspected to have COVID-19 by a licensed healthcare provider in the past 10 days? Yes No

Daily monitoring for potential COVID-19 symptoms is important to track your current health status. If you experience new symptoms, consider seeing your healthcare provider or getting a test for COVID-19, especially where you may have had potential exposures to COVID-19.

You should also monitor your health and consider consulting your primary care physician after testing positive for COVID-19.



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You **MUST** inform Human Resources if you:

- Receive a confirmed positive COVID-19 test result;
- Have been diagnosed with COVID-19 by a licensed healthcare provider;
- Have been told you are suspected to have COVID-19 by a licensed healthcare provider;
- Experience new loss of taste and/or smell with no other explanation; or
- Experience both fever ($\geq 100.4^{\circ}$ F) and new unexplained cough associated with shortness of breath

Central Union High School District Human Resources Department

760-336-4513 or hr@mycuhsd.org

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