COVID-19 Daily Self Checklist

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 (with pay) and follow the steps below:

- Step 1: Call your supervisor and
- Step 2: Call or Email the COVID-19 HR Response Team at 413-687-2283 or COVID19HR@umass.edu.

If you start feeling sick during your shift, 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

Loss of Smell or Taste?  Muscle Aches?  Sore Throat?  Cough?

☐ Yes  ☐ Yes  ☐ Yes  ☐ Yes

☐ No  ☐ No  ☐ No  ☐ No

Shortness of Breath?  Chills?  Headache?

☐ Yes  ☐ Yes  ☐ Yes

☐ No  ☐ No  ☐ 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