



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:

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

Do you have a fever (temperature over 100.30F) without having taken any fever reducing medications?

Muscle Aches? Chills?

Yes | No

Yes | No 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 COVID19?

Yes | No

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

Yes | No

Name:.....

Date:.....