COVID-19 Daily Symptom Check
Not related to allergies

☐ Do you have a fever (temperature over 100.4°F or 38°C) without having taken any fever-reducing medications?

☐ Do you have shortness of breath?

☐ Do you have a cough?

☐ Do you have congestion or runny nose?

☐ Do you have chills?

☐ Do you have shortness of breath?

☐ Do you have muscle pains?

☐ Do you have trouble breathing?

☐ Do you have a sore throat?

☐ Have you, or anyone you have been in close contact with, been diagnosed with Covid-19 or placed in quarantine for possible exposure to Covid-19?

☐ Do you have a loss of smell or taste?

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

☐ Do you have gastrointestinal symptoms such as nausea, vomiting, or diarrhea?

If you reply YES to any of the questions in the checklist not related to allergies, stay home.

If you begin to feel ill while at work, you should immediately go home, avoiding contact with others if at all possible. You will be expected to leave campus and self-isolate until all appropriate criteria for your return are met.

Contact Human Resources or visit semo.edu/covid for more information on the next steps you should take.