

COVID-19 DAILY SELF-SCREENING CHECKLIST - STUDENT



Complete your COVID-19 Daily Self-Screening Checklist each day before leaving your residence room or coming to campus. This questionnaire is for reference and does not need to be submitted. **Check your temperature and answer these screening questions.**

If you answer YES to any of these questions DO NOT GO TO CLASS, PRACTICE OR THE DINING HALL.

1. Do you have a fever (temperature over 100.4° F) without having taken any fever-reducing medications?

- Yes
- No

2. Do you have any of the following symptoms WITH AN UNKNOWN cause (not due to asthma, seasonal allergies, sinusitis, etc.):

- | | | | |
|------------------------------|------------------------------|------------------------------|------------------------------|
| New or worsening cough? | Chills or fatigue? | Shortness of breath? | New loss of taste or smell? |
| <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> No | <input type="checkbox"/> No | <input type="checkbox"/> No | <input type="checkbox"/> No |

- | | | | |
|------------------------------|------------------------------|------------------------------|--------------------------------|
| Muscle or body aches? | Headache or sore throat? | Runny or stuffy nose? | Nausea, vomiting, or diarrhea? |
| <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes | <input type="checkbox"/> Yes |
| <input type="checkbox"/> No | <input type="checkbox"/> No | <input type="checkbox"/> No | <input type="checkbox"/> No |

3. Have you, or anyone living with you, been exposed to someone confirmed to have COVID-19?

- Yes
- No

If you reply YES to ANY of the questions above, STAY IN ROOM/HOME and:

- Step 1: Notify professors/coach/supervisors that you will not be in class/practice/work**
- Step 2: Contact the Student Health Center (315.684.6078) or your healthcare provider**
- Step 3: Follow guidance given in Step 2 and monitor your symptoms. Seek emergency care if you develop:**
 - **trouble breathing,**
 - **persistent pain or pressure in your chest,**
 - **inability to stay awake,**
 - **new confusion, or**
 - **bluish lips or face**

CALL 911 or CALL AHEAD TO LOCAL EMERGENCY ROOM.

Continue the following preventative measures daily:

*Physical distancing
Wear a face covering
Practice frequent handwashing*

*Stay home when sick
Cover your cough and sneeze in your sleeve/elbow
Clean all high-touch surfaces regularly*

DO YOUR PART TO HELP KEEP OUR CAMPUS HEALTHY!