

Appendix 3: Daily Self-Health Checklist

Daily monitoring of one's health and well-being prior to coming to campus can aid in early detection of infectious disease and is an effective measure to prevent community spread of COVID-19. All students and employees must review the COVID-19 Daily Self-Health Checklist before coming to campus. If you know of a visitor coming to campus, ask them to also review the COVID-19 Daily Self-Health Checklist.

if you answer YES to any of the questions, you MUST STAY HOME, notify your instructors or supervisor and contact your medical provider for further health-related instructions. In addition, if you start feeling sick while on campus, you should notify your instructor or supervisor and **GO HOME**. It is important to note this is not a change in procedure. The College continues to emphasize that all students and employees who are feeling ill, whether it is related to COVID-19 or not, should stay home for their well-being and the well-being of the College community.

We are grateful to our students, faculty, and staff for all that you're doing to keep CCC and our community strong during this unprecedented time.

COVID-19 DAILY SELF-HEALTH CHECKLIST

Please review this COVID-19 Daily Self-Health Checklist each day before reporting to work or class.

If you reply **YES** to any of the questions below, **STAY HOME** and follow the steps below:

- **Step 1:** Notify your instructors or supervisor and
- **Step 2:** Contact your health provider for further health-related instructions

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

Do you have any of the following?

Yes **No** Fevers or chills

Yes **No** Cough

Yes **No** Shortness of breath or difficulty breathing

Yes **No** Fatigue

Yes **No** Muscle or body aches

Yes **No** 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 a fever (temperature over 100.3°F) without having taken any fever reducing medications

Yes No In the last two weeks have you been in close contact with someone who has been diagnosed with COVID-19?

You have been in close contact if you have:

a. been within 6 feet of someone who has COVID-19 for a combined total of 15 minutes or more over a 24-hour period or

b. provided care at home to someone who is sick with COVID-19 or

c. had direct physical contact (hugged or kissed) with someone who has COVID-19 or

d. shared eating or drinking utensils with someone who has COVID-19 or

e. been sneezed on or coughed on by someone who has COVID-19

Yes No In the last 10 days, have you tested positive for COVID-19?

Quarantine and/or isolation: If you responded “yes” to any of the questions above, please refer to the guidelines for quarantining or isolating on the college Return to Campus webpage at www.clackamas.edu/return-to-campus.