

# Symptom Screening Checklist for Non-Health Care Staff

1

Have you:

- Been in close contact (within 6 feet for at least 15 minutes) in the last 14 days with someone diagnosed with COVID-19, or
- Had a health department contact you and, if so, are you still within your quarantine period?

Yes

You should not be at work. You can return to work 14 days after the last time you had close contact with someone with COVID-19, if you are well. A 14-day quarantine is the safest option to prevent the spread of COVID-19 to others. If you have not had any symptoms, you may consider ending quarantine early:

- After 10 days, without any testing, or
- After 7 days, if you have had a negative result from an antigen or PCR test that was administered less than 48 hours before you end quarantine.

If you choose to shorten your quarantine period there is a small chance you may transmit the infection to others post-quarantine, so it is critical that you continue to monitor yourself for symptoms daily.

If you develop symptoms, you should continue to avoid contact with others and call your healthcare provider to discuss testing.

No

You can work if you do not have symptoms.

2

Since you last worked, have you had any of these symptoms?

- |                                                                      |                                                              |                                               |                                                   |
|----------------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Fever                                       | <input type="checkbox"/> New cough                           | <input type="checkbox"/> Fatigue              | <input type="checkbox"/> Congestion or runny nose |
| <input type="checkbox"/> Chills                                      | <input type="checkbox"/> New loss of sense of taste or smell | <input type="checkbox"/> Muscle or body aches | <input type="checkbox"/> Nausea or vomiting       |
| <input type="checkbox"/> Shortness of breath or difficulty breathing | <input type="checkbox"/> Sore throat                         | <input type="checkbox"/> Headache             | <input type="checkbox"/> Diarrhea                 |

If you have any of these symptoms, you should go home, stay away from other people and call your health care provider.

3

If you have been diagnosed with COVID-19 you can return to work when you can answer yes to all three of these questions:

- |                                                                                     |                                                                                                                                 |                                                             |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> Has it been at least 10 days since you first had symptoms? | <input type="checkbox"/> Has it been at least 24 hours since you've had a fever (without the use of fever-reducing medication)? | <input type="checkbox"/> Have your other symptoms improved? |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|

## If you have had a negative COVID-19 test, answer these questions:

Have you been exposed to someone who has COVID-19?

<input type="checkbox"/> <b>Yes</b>	<ul style="list-style-type: none"><li>• You should not work unless you can answer <b>“Yes”</b> to <b>all three</b> of these questions:<ul style="list-style-type: none"><li>» Has it been at least 10 days since you first had symptoms?</li><li>» Has it been at least 24 hours since you’ve had a fever (without the use of fever-reducing medication)?</li><li>» Have your other symptoms improved?</li></ul></li></ul>
<input type="checkbox"/> <b>No</b>	<ul style="list-style-type: none"><li>• You can work if you are not experiencing symptoms.</li><li>• If you have symptoms, you can not work until 24 hours after the symptoms have resolved.</li></ul>