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 and follow the steps below:

- Step 1: Call your supervisor and
- Step 2: Email Heather.Batherwich@umb.edu

HR will be able to provide you with options on being paid for the absence.

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

Do you have a fever (temperature over 100.3°F) without having taken any fever reducing medications?

☐ Yes
☐ No

Loss of Smell or Taste?
☐ Yes
☐ No

Muscle Aches?
☐ Yes
☐ No

Sore Throat?
☐ Yes
☐ No

Cough?
☐ Yes
☐ No

Shortness of Breath?
☐ Yes
☐ No

Chills?
☐ Yes
☐ No

Headache?
☐ 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 COVID-19?

☐ Yes
☐ No

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

☐ Yes
☐ No