

DAILY HEALTH SELF-ASSESSMENT FOR SWOSU CAMPUS COMMUNITY

Due to the highly infectious nature of COVID-19, SWOSU students and employees should do a daily health self-assessment before arriving on campus for class or work. This self-assessment should not take the place of talking with your healthcare provider to diagnose or treat conditions.

This assessment is based on guidance provided by the Centers for Disease Control and Prevention (CDC).

Exposure

Have you been within six feet or had direct contact with a lab-confirmed or suspected case of COVID-19 in the past 14 days?

YES NO

If you answered "YES," **DO NOT COME TO CAMPUS.** Employees should call your supervisor.

Symptoms

Do you have any of these symptoms?

- Fever (Please check your temperature daily before coming to campus. Temp should be less than 100.4° F/38°C).
- New cough
- New shortness of breath or difficulty breathing
- New chills
- New muscle aches
- Sore throat
- Headache
- Diarrhea
- New loss of taste or smell

If you have any of these symptoms, speak to your health care professional and employees must call your supervisor. Stay home and **DO NOT COME TO CAMPUS** until at least 10 days after symptoms began and 72 hours after you are free of fever and symptoms of respiratory infection (not allergies or asthma), without the use of fever-reducing medications. This applies regardless of whether you have been tested for COVID-19.

Severe Symptoms

Are you struggling to breathe or fighting for breath even while inactive or when resting?

YES NO

Do you feel as though you might collapse every time you stand or sit up?

YES NO

If you have any of the severe symptoms, **CALL 911, DO NOT COME TO CAMPUS.**

PLEASE NOTE:

If you are in an emergency medical situation, call 911 or your local emergency number. Employees should not discuss personal medical history with supervisors. Calls to supervisors are to notify them that the employee will be out sick.