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:
- Contact your supervisor and
- Contact OneSource at (732) 745-7378

Contact a healthcare provider for guidance to determine if testing is warranted. Individuals can call:
- Their primary care provider.
- NJPIES for further evaluation 1-800-962-1253 (24/7 Medical COVID-19 Questions).
- Student Health

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

**COVID-19 Daily Self Checklist**

Do you have a fever (temperature over 100.4F) without having taken any fever reducing medications?
- Yes
- No

Loss of Smell/Taste?
- Yes
- No

Muscle Aches?
- Yes
- No

Sore Throat?
- Yes
- No

Cough?
- Yes
- No

Shortness of Breath?
- Yes
- No

Chills?
- Yes
- No

Headaches?
- Yes
- No

Have you experienced any gastrointestinal symptoms such as nausea or 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