COVID-19
Daily Symptom Checklist

To help protect you and your family, your coworkers, our students, and to slow the spread of COVID-19, all staff, faculty and students should perform a daily symptom check before leaving home.

IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS, PLEASE STAY HOME AND SEEK MEDICAL CARE.

- FEVER (OVER 100.2) OR CHILLS
- LOSS OF SMELL OR TASTE
- MUSCLE ACHES
- COUGH
- SORE THROAT
- SHORTNESS OF BREATH
- HEADACHE
- NAUSEA/VOMITING/DIARRHEA

IF YOU OR A HOUSEMATE HAVE ANY OF THE FOLLOWING EMERGENCY SYMPTOMS, CALL 911.

- TROUBLE BREATHING
- PERSISTENT PAIN OR PRESSURE IN THE CHEST
- SIGNS OF CONFUSION
- INABILITY TO WAKE OR STAY AWAKE
- BLUISH LIPS OR FACE