



COVID-19 Daily Self-Screening Tool

**For the health and well-being of those around you,
ASK these questions EVERY DAY BEFORE leaving home.**

Have you (staff member or student) **had any of these symptoms in the last 24 hours?**

- ❶ **New/worsening respiratory symptoms***
(cough and/or shortness of breath)
- ❷ **Vomiting** and/or **diarrhea**
- ❸ **Fever** (temperature of $>100.4^{\circ}\text{F}$ at rest)
- ❹ **Loss of smell or taste***
- ❺ **New/worsening or unusual symptoms***:
 - chills
 - headache
 - chest pain
 - sore throat
 - abdominal pain
 - nasal congestion
 - fatigue
 - muscle pain or body aches

* New symptoms are different than symptoms of ongoing health issues such as asthma, allergies, reflux, or COPD.

Has someone in your household been:

- ❶ **DIAGNOSED** with COVID-19 by **TESTING POSITIVE**,
- ❷ **DIAGNOSED** with COVID-19 by a healthcare provider but is **NOT TESTED**, and/or
- ❸ Told by **WCHD to ISOLATE?**

Have you been in close contact

(within 6 feet for more than 15 minutes) **with a person who has been diagnosed with COVID-19 while the person was contagious** (48 hours before symptoms began through recovery)?

If you answer YES to any SYMPTOMS:

The person with symptoms should follow the following instructions.

- ▶ **Do NOT go to school/work.**
- ▶ **Contact your school/supervisor.**
- ▶ **Call your healthcare provider** or **WCHD COVID-19 Hotline** at (775) 328-2427.
- ▶ You may have COVID-19, **ISOLATE at home until:**
 - (1) you have **RECOVERED**, defined as:
 - (a) **at least 10 days have passed since the first symptom, AND**
 - (b) **24 hours have passed since fever, vomiting, AND diarrhea stopped** (without medicine), AND
 - (c) **other symptoms have improved -OR-**
 - (2) you **test negative for COVID-19 AND** **satisfy exclusion criteria for the illness.**

If you answer NO to all of these:

- ▶ **Go to school/work.**
- ▶ **Continue to monitor your health.**

If you answer YES, you are a Household Contact:

- ▶ **Do NOT go to school/work.**
- ▶ **Communicate** with your school/supervisor.
- ▶ **Everyone in the household**, who has not had COVID-19, must **ISOLATE at home until:**
 - (1) **the patient has RECOVERED** (see above), AND
 - (2) **14 days have passed** since the last COVID-19 patient recovered.
- ▶ If, at any point, you develop symptoms, **ISOLATE** and see "If you answer YES to any SYMPTOMS" (above).

If you answer YES, you may be a Close Contact:

- ▶ **Do NOT go to school/work.**
- ▶ **Communicate** with your school/supervisor.
- ▶ You must **QUARANTINE at home for 14 days.**
- ▶ If, at any point, you develop symptoms, **ISOLATE** and see "If you answer YES to any SYMPTOMS" (above).

WCHD Online Assessment: [COVID19Washoe.com](https://www.washoe.edu/COVID19Washoe.com)
WCHD COVID-19 Hotline: (775) 328-2427