

# DAILY HEALTH SELF-ASSESSMENT FOR ON-SITE PERSONNEL

Prior to coming to campus, TCU employees should do a self-assessment to determine if they should report to work. Due to the severity and highly infectious nature of COVID-19, employees should stick to the results of this assessment. This self-assessment tool is not meant to take the place of talking with your health care professional or to diagnose or treat conditions.

If you are in an emergency medical situation, call 911 or your local emergency number. This assessment is based on guidance provided by the Centers for Disease Control and Prevention (CDC) and the Mayo Clinic.

## EXPOSURE

Have you been within six feet of a person 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 WORK.**  
Call your supervisor.

## SYMPTOMS

Do you have any of these symptoms?

- |   |   |
|---|---|
| <input type="checkbox"/> Fever (Please check your temperature daily before reporting to work) | <input type="checkbox"/> New muscle aches           |
| <input type="checkbox"/> New cough  | <input type="checkbox"/> Sore throat                |
| <input type="checkbox"/> New shortness of breath or difficulty breathing                      | <input type="checkbox"/> Headache                   |
| <input type="checkbox"/> New chills   | <input type="checkbox"/> Diarrhea                   |
|   | <input type="checkbox"/> New loss of taste or smell |

If you have any of these symptoms, speak to your health care professional and call your supervisor. **Stay home and DO NOT COME TO WORK** until you have met the CDC criteria for symptom-based recovery, which is defined as:

- At least 10 days have passed since symptoms first appeared and
- At least 24 hours have passed since last fever **without the use of fever-reducing medications** and
- Symptoms (e.g., cough, shortness of breath) have improved

## 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 WORK.**

### REMINDER

Employees should not discuss personal medical history with supervisors. Calls to supervisors are to notify them that the employee will be out sick.

