

## Southwestern COVID-19 Daily Self-Check

Prior to coming on campus each day, all staff should evaluate any symptoms they have.

**If you are sick, do not come to campus. Please notify your supervisor. If you are well, please go wash your hands (20 seconds minimum) before beginning work.**

In the last 24 hours have you or someone you have been in close contact with experienced:					In the last 2 weeks:		
Fever 100.4 F or higher	Flu-Like Symptoms?	Cough	Sore throat	Loss of smell, taste	Have you been in contact with any individuals with flu like symptoms?	Have you been in contact with any individual known to be positive with COVID-19?	Have you exhibited any flu-like symptoms or had a fever 100.4 F or higher?

Please note, if you answer “yes” to any of the above questions, but have routine or chronic health concerns that would cause the symptoms you identified (e.g., chronic smoker’s cough), you may come to work. You do not need to share what your chronic health concerns are with your supervisor as this is your private medical information. If the symptoms are new, you should not return to work until your symptoms resolve. For information on when you can return to work, please refer to the CDC’s [When You Can be Around Others After You Had or Likely Had COVID-19](#)

If you answer “yes” to any of the questions and do not have a chronic underlying health issue that is the cause, you may use the CDC’s [COVID-19 Self-Assessment-Tool](#) (scroll down on webpage to find this) that will give you instruction on what to do. You may also just call your health care provider or the NBMC COVID-19 Hotline (541-266-1650) if you do not wish to use the [COVID-19 Self-Assessment-Tool](#). Inform your supervisor if the [COVID-19 Self-Assessment-Tool](#) or your physician/NBMC indicates you need medical care or COVID-19 testing. Supervisors will contact Administrative Services if there are concerns that may require isolation, treatment, testing, etc. Lastly, make sure to seek medical care immediately if you display the following symptoms:

**Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.**

**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.