Manchester University COVID-19 Personal Daily Checklist

Before coming to work each day, consider the following aspects of your personal well-being.

If any of the following statements apply to you:

❏ Do you have a fever (temperature over 100.3^{0}F) **without having taken any fever-reducing medications**?

❏ 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?

❏ Have you been asked to self-isolate or quarantine by a medical professional or local public health official?

<mark>FOLLOW THE STEPS BELOW</mark>

1. Stay home. Do not come to campus or conduct any University-business outside of your home.
2. Contact your immediate supervisor and email health@manchester.edu

Additionally, if a combination (e.g. two or more) of the following statements below apply to you and are new or different from your usual state of health:

❏ Do you have a loss of smell or taste?   ❏ Do you have fatigue?

❏ Do you have a cough?   ❏ Do you have a headache?

❏ Do you have body aches?   ❏ Do you have nausea?

❏ Do you have a sore throat?   ❏ Do you have diarrhea?

❏ Do you have shortness of breath?   ❏ Do you have chills?

<mark>FOLLOW THE STEPS BELOW</mark>

1. Take your temperature to further assess your wellness and ability to come to campus.
2. Contact your supervisor about the opportunity to work remotely.
3. Consider contacting a health care provider for further information.

Manchester University