Covid-19 Daily Self-Screening Questions

Each day before coming to campus, protect yourself and others by checking off the items below— even if you are fully vaccinated against Covid-19. Safety is our shared responsibility.

☐ Do you have a fever (temperature over 100.4°F or 38°C) without having taken any fever-reducing medications?

☐ Do you have a loss of smell or taste?

☐ Do you have a cough?

☐ Do you have muscle aches?

☐ Do you have a sore throat?

☐ Do you have shortness of breath?

☐ Do you have chills?

☐ Do you have a new or unusual headache?

☐ Have you experienced new onset of any gastrointestinal symptoms such as nausea, vomiting, diarrhea, or loss of appetite in the last few days?

☐ Have you, or anyone you have been in close contact with for 15 cumulative minutes in a 24-hour period, been diagnosed with Covid-19 within the last two weeks?

• If you are fully vaccinated (and it has been less than 5 months since completing your primary series of Pfizer or Moderna vaccine or less than 2 months since your J&J vaccine), or you have received a booster dose of vaccine, and you are asymptomatic, you do not need to quarantine following a known exposure to Covid-19.

• However, recent guidelines from the Centers for Disease Control and Prevention (CDC) state you should get tested 5 days after your exposure, even if you don’t have symptoms.

• You should also wear a well-fitting face mask in public indoor spaces for 10 days following exposure or until your test result is negative.

• If you become symptomatic, isolate yourself from others, get tested for Covid-19, and inform your healthcare provider of your vaccination status.

☐ Have you been asked to self-isolate by a medical professional or a local public health official within the last ten days?

Remember, stay home if you develop any illness symptoms— even if you think it is a common cold.