



HEALTH MONITORING DAILY CHECKLIST

Please review this checklist every day before reporting to work or attending in-person classes.

Note: Some chronic conditions such as allergies may have similar symptoms- look for a change in symptoms.

STAY HOME - If you have a fever of 100.3 or above. **STAY HOME** – If you have two or more of the following symptoms and notify the appropriate contact below:

- **Faculty and Staff** - Contact your Supervisor **and** Human Resources.
- **McMinnville Students** - Contact Student Health Wellness & Counseling and your faculty.
- **School of Nursing Students** - Contact Student Life and your faculty.

	COUGH
	SORE THROAT
	RUNNY OR STUFFY NOSE
	DIFFICULTY BREATHING/SHORTNESS OF BREATH
	MUSCLE OR BODY ACHES
	HEADACHES
	FATIGUE (TIREDNESS), (GENERALLY FEELING UNWELL)
	DIARRHEA/VOMITTING (MAY BE MORE COMMON IN CHILDREN THAN ADULTS) WITH OR WITHOUT RESPIRATORY SYMPTOMS
	NEW LOSS OF TASTE OR SMELL



Please stay home and contact your supervisor and/or faculty if you have been asked to self-isolate or quarantine by a medical professional or local public health official.