



COVID-19

SELF-OBSERVATION QUESTIONNAIRE

The purpose of this questionnaire is for you to self-observe your daily health prior to coming to work. It was developed with criteria from the CDC.

Take your temperature every day before reporting to work and write it down: _____.

If your temperature is **greater than 100.3°F** (without having taken any fever reducing medication), or if you answer **YES** to any of the following questions, please stay home and call your supervisor.

1. Are you experiencing or have you experienced any of the following symptoms?

If you answer yes to one or more of these questions, please stay home and call your supervisor and healthcare provider.

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|---|-----|----|--------------------------------|-----|----|
| • Cough
<small>*not due to a previously diagnosed health condition</small> | YES | NO | • Chills | YES | NO |
| • Shortness of breath | YES | NO | • Repeated shaking with chills | YES | NO |
| • Difficulty breathing | YES | NO | • Muscle pain | YES | NO |
| • Fever | YES | NO | • New loss of taste or smell | YES | NO |
| | | | • Sore throat or headache | YES | NO |

2. Have you experienced any gastrointestinal symptoms such as nausea, vomiting, diarrhea, or loss of appetite? YES NO

If yes, please stay home and call your supervisor and healthcare provider.

3. 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? YES NO

If yes, please stay home, contact your supervisor and the Willcoxon Health Center at COVID19HC@mssu.edu or 417-625-9323.

4. Have you been asked to self-isolate or quarantine by a medical professional or a local public health official? YES NO

If yes, please stay home, contact your supervisor and the Willcoxon Health Center at COVID19HC@mssu.edu or 417-625-9323.

Once you begin your workday, continue to monitor yourself for any changes such as fever, coughing and/or difficulty breathing.

Notify your supervisor if during your work day you begin to feel feverish or develop any of the symptoms noted above.

Go home and seek advice by telephone from your healthcare provider.