

# REDHAWK RESILIENCE

## Creating Healthy Space for Redhawks

### COVID-19 Daily Symptom Check

*Not related to allergies*

- |  |   |
|--|---|
| <input type="checkbox"/> Do you have a fever (temperature over 100.4° F or 38° C) without having taken any fever-reducing medications? | <input type="checkbox"/> Do you have shortness of breath?   |
| <input type="checkbox"/> Do you have a cough?  | <input type="checkbox"/> Do you have congestion or runny nose?  |
| <input type="checkbox"/> Do you have chills?   | <input type="checkbox"/> Do you have shortness of breath?   |
| <input type="checkbox"/> Do you have muscle pains?   | <input type="checkbox"/> Do you have trouble breathing?   |
| <input type="checkbox"/> Do you have a sore throat?  | <input type="checkbox"/> Do you have a headache?  |
| <input type="checkbox"/> Do you have a loss of smell or taste?   | <input type="checkbox"/> Have you, or anyone you have been in close contact with, been diagnosed with Covid-19 or placed in quarantine for possible exposure to Covid-19? |
| <input type="checkbox"/> Do you have gastrointestinal symptoms such as nausea, vomiting, or diarrhea?                                  | <input type="checkbox"/> Have you been asked to self-isolate or quarantine by a medical professional or a local public health official?                                   |

**If you reply YES to any of the questions in the checklist not related to allergies, **stay home.****

If you begin to feel ill while at work, you should immediately go home, avoiding contact with others if at all possible. You will be expected to leave campus and self-isolate until all appropriate criteria for your return are met.

Contact Human Resources or visit [semo.edu/covid](https://semo.edu/covid) for more information on the next steps you should take.



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