



## Daily Symptom Review Checklist

DATE: \_\_\_\_\_

Help to reduce the risk of and slow the spread of COVID-19 on campus by performing a **daily** symptom check.

### How are you feeling right now?

- ☐ Good
- ☐ A little sick
- ☐ Sick

### Do you have any of the following symptoms?

Check any/all that apply (record your temperature every day):

- ☐ Temperature: \_\_\_\_\_
- ☐ Cough
- ☐ Shortness of breath or difficulty breathing
- ☐ Chills
- ☐ Chills with repeated shaking
- ☐ Muscle pain or body aches not related to exercise
- ☐ Fatigue
- ☐ Sore throat
- ☐ Headache
- ☐ New loss of taste or smell
- ☐ Nausea/Vomiting or diarrhea
- ☐ Runny nose unrelated to allergies
- ☐ Nasal congestion unrelated to allergies
- ☐ Tight feeling in the chest
- ☐ Other symptoms: \_\_\_\_\_
- ☐ I do not have any symptoms today

### Have you been tested for COVID-19?

- ☐ Yes
- ☐ No

Results: \_\_\_\_\_ Date: \_\_\_\_\_

**Have you been exposed to someone who has tested positive for COVID-19?**

- ☐ Yes
- ☐ No
- ☐ Not sure

**Do others in your household have COVID-19 symptoms?**

- ☐ Yes
- ☐ No

**If you have any of the symptoms listed above, answered “yes” to any of the remaining questions or are not sure if you have been exposed to COVID-19 and are on campus:** please go immediately to your room and stay there. Do not interact with or go near anyone on campus. Put on a mask, and immediately call Health Services at (781) 768-7290. You will talk with a Nurse Practitioner who will assess your symptoms and advise you.

**If you have any of the symptoms listed above, answered “yes” to any of the remaining questions or are not sure if you have been exposed to COVID-19 and are at home:** please isolate yourself and/or immediately go to your bedroom and stay there. Do not interact with or go near anyone in your home and do not come to campus. Immediately call Health Services at (781) 768-7290. You will talk with a Nurse Practitioner who will assess your symptoms and advise you.

**If you have any of the symptoms listed above, answered “yes” to any of the remaining questions or are not sure if you have been exposed to COVID-19 and it is after-hours or on a weekend,** please call the Health Services on call number at: (781) 790-3799. You will talk with a Nurse Practitioner who will assess your symptoms and advise you.