

COVID-19 Daily Self-Assessment Checklist

Each day all UNCSA students should complete a daily attestation for symptoms using the checklist below.

COVID-19 SYMPTOM CHECKLIST:

- Do you have **fatigue, headache, and/or new muscle aches** not related to another medical condition or another specific activity (e.g. due to physical exercise)?
- Do you feel like you may have chills or a **fever of greater than 100.0°F**?
- Do you have a **sore throat** not related to another medical condition (e.g. allergies)?
- Do you have a new onset of **congestion or runny nose** within the last 2 weeks?
- Do you have a **new or worsening cough** that is not related to another medical condition?
- Do you have **shortness of breath** or difficulty breathing?
- Do you have **recent (<5 days) loss of smell and taste**?
- Do you have new onset of **nausea, vomiting or diarrhea** not related to another medical condition?
- Have you had recent **close contact with someone who has tested positive for COVID-19**?

NEXT STEPS

If you answer yes to any of the questions above, please **DO NOT** attend class, or other campus activities, and contact UNCSA Student Health Services (336) 770-3288 for a telemed appointment with a Medical Provider.



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