

# Daily At-Home Checklist for Staff

*Let's Stay Safe Together!*

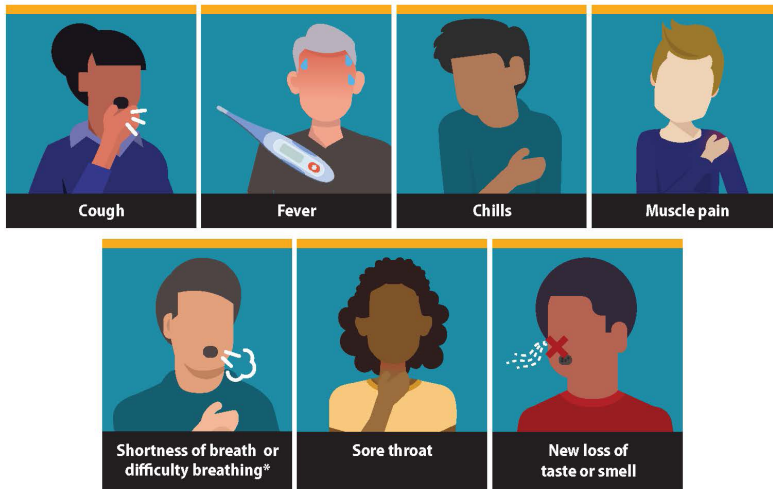
Please review this daily before coming to work:

- 1 Have you been exposed to someone diagnosed with COVID-19 in the past 14 days?
- 2 Do you have one or more COVID-19 symptoms? *(See below.)*
- 3 If you answer “**yes**” to one or both questions above, do **NOT** come into your work location.\*

*\*Contact Human Resources for guidance, notify your supervisor, and please seek medical care as appropriate.*

## Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

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**AS A REMINDER:**

