



DAILY HEALTH SELF-ASSESSMENT FOR OSU CAMPUS COMMUNITY

Due to the highly infectious nature of COVID-19, OSU students and employees should do a daily health self-assessment before arriving on campus for class or work. This self-assessment should not take the place of talking with your healthcare provider to diagnose or treat conditions.

This assessment is based on guidance provided by the Centers for Disease Control and Prevention (CDC).

Exposure

Have you been within six feet or had direct contact with a lab-confirmed or suspected case of COVID-19 in the past 14 days?

YES NO

If you answered "YES," **DO NOT COME TO CAMPUS**. Employees should call your supervisor.

Symptoms

Do you have any of these symptoms?

- Fever (Please check your temperature daily before coming to campus. Temp should be less than 100.4° F/38°C).
- New cough
- New shortness of breath or difficulty breathing
- New chills
- New muscle aches
- Sore throat
- Headache
- Diarrhea
- New loss of taste or smell
- Fatigue
- Congestion or runny nose

If you have any of these symptoms, speak to your health care professional and employees must call your supervisor. Stay home and **DO NOT COME TO CAMPUS**. Many of the symptoms of COVID-19 are also common in other illnesses like the common cold, the flu, or seasonal allergies. It is important that you monitor your health and consult with a healthcare professional to determine next steps for testing and treatment.

Severe symptoms

Are you struggling to breathe or fighting for breath even while inactive or when resting?

YES **NO**

Do you feel as though you might collapse every time you stand or sit up?

YES **NO**

If you have any of the severe symptoms, **CALL 911, DO NOT COME TO CAMPUS.**

PLEASE NOTE:

If you are in an emergency medical situation, **call 911** or your local emergency number. Employees should not discuss personal medical history with supervisors. Calls to supervisors are to notify them that the employee will be out sick.