

Huntington University | COVID-19 Self-Monitoring Checklist

- Do you have a fever (temperature over 100.3F) without taking any fever reducing medications?
- Do you have a new loss of smell or taste?
- Do you have a cough?
- Do you have muscle pain?
- Do you have a sore throat?
- Do you have shortness of breath or difficulty breathing?
- Do you have chills?
- Have you, or anyone you have been in close contact with, been diagnosed with COVID-19 or been placed in quarantine for possible contact with COVID-19?
- Have you been asked to self-isolate or quarantine by a medical professional or a local public health official?

**Symptoms of COVID-19 may appear 2-14 days after exposure to the virus. The questions included in the checklist above reflect symptoms, as outlined by the CDC, for COVID-19.*

If you reply YES to any of the questions in the checklist, follow the steps below:

1. Stay home
2. Consult your healthcare provider
3. Email covid19@huntington.edu and notify HR at jcole@huntington.edu.