



Prior to coming to campus, WC employees and students should do a self-assessment to determine if they should report to campus. Due to the severity and highly infectious nature of COVID-19, employees and students should adhere to the results of this assessment. This self-assessment tool is not meant to take the place of talking with your health care professional or to diagnose or treat conditions.

If you are in an emergency medical situation, call 911 or your local emergency number. This assessment is based on guidance provided by the Centers for Disease Control and Prevention (CDC) and the Mayo Clinic.

EXPOSURE:

Have you had direct contact with a person who was COVID-19 positive in the past 14 days?

- YES NO

If you answered "YES," DO NOT COME TO CAMPUS. Call your supervisor or email your instructor.

SYMPTOMS:

Do you have any of these symptoms?

- | | |
|---|---|
| <input type="checkbox"/> Fever (Please check your temperature daily before reporting to work) | <input type="checkbox"/> New muscle aches |
| <input type="checkbox"/> New cough | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> New shortness of breath or difficulty breathing | <input type="checkbox"/> Headache |
| <input type="checkbox"/> New chills | <input type="checkbox"/> Diarrhea |
| | <input type="checkbox"/> New loss of taste or smell |

If you have any of these symptoms, speak to your health care professional and call your supervisor or email your instructor. Stay home and DO NOT COME TO CAMPUS until you have met the CDC criteria for symptom-based recovery, which is defined as:

- At least 10 days have passed since symptoms first appeared and
- At least 24 hours have passed since last fever without the use of fever-reducing medications and
- Symptoms (e.g., cough, shortness of breath) have improved

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.

REMINDER:

Employees and students should not discuss personal medical history with supervisors or instructors. Calls to supervisors or emails to instructors are to notify them that the employee or student will be out sick.