

COVID-19 SELF CHECKLIST

- No fever in the last 72 hours.
- No muscle aches in the last 72 hours.
- No cough.
- No sore throat in the last 72 hours.
- I have not been exposed to anyone with COVID-19.
- I do not have loss of smell or taste.
- I do not have chills.
- I do not have shortness of breath.
- I do not have a headache.
- I have not been asked to self-isolate by a public official.
- No nausea/vomiting, diarrhea, or loss of appetite.
- I have not been asked to self-isolate by a medical professional.