



# Daily COVID-19 Symptom Self-Check Quick Guide

**Please ask yourself the following questions.**

Have you experienced any **new or unexpected** symptoms that are on this list in the past 48 hours?

- fever or chills
- cough
- shortness of breath or difficulty breathing
- fatigue
- muscle or body aches
- headache
- new loss of taste or smell
- sore throat
- congestion or runny nose
- nausea or vomiting
- diarrhea

Within the past 14 days, have you been in close contact (6 feet or closer for a total of 15 minutes in a 24-hour period) with a person who is known to have laboratory-confirmed COVID-19?

**Note:** This risk factor does not apply to employees or physicians who work in COVID-19 units or those who follow proper protective protocols as they care for patients and members with COVID-19 symptoms. CDC guidance may change. If you're concerned about close contact to COVID-19, contact Employee Health or the regional/local COVID-19 support line.

Have you received orders from a health care provider or federal, state, or local authorities to self-quarantine because of close contact with someone who has laboratory-confirmed COVID-19?

Are you currently waiting on the results of a COVID-19 diagnostic test due to symptoms, a confirmed close contact, or having been advised to be tested by a health care provider or public health official?

**Based on how you answered these questions, see below.**

**Did you answer “no” to all questions?**

If you agree to follow the current Kaiser Permanente facility **face mask and physical distancing guidelines**, then access to KP facilities or locations is **approved**. At your worksite, fill out the KPWHRI On-Site Attendance form to attest your self-check.

**Did you answer “yes” to any question?**

You may not enter a KP facility or location for work. Inform your manager and self-isolate. Contact Employee Health or the regional/local COVID-19 support line immediately for assessment as to whether it's safe for you to work. Seek immediate medical attention if you're experiencing significant symptoms.