



UNIVERSITY OF ST. THOMAS

Self-Evaluation Form

PRIOR TO RETURN

- Complete Coronavirus: Awareness
- Complete Coronavirus: Managing Stress and Anxiety
- Pack all Information Technology equipment used to telework, including cables and accessories, to bring back to campus. Take note of the setup of your computer and any other technology in order to be prepared to reinstall computer equipment yourself. IT resources for reinstalling equipment will be limited.

DAILY SELF-EVALUATION

Do a daily self-screening before going into work for any of the following new or worsening symptoms of possible COVID-19. Below is a list of symptoms currently reported. Check the [CDC website](https://www.cdc.gov) or your healthcare provider for the most current information.

- | | |
|--|--|
| <input type="checkbox"/> Cough | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Shortness of breath or difficulty breathing | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Chills | <input type="checkbox"/> Diarrhea |
| <input type="checkbox"/> Repeated shaking with chills | <input type="checkbox"/> Loss of taste or smell |
| <input type="checkbox"/> Known close contact with a person who is lab confirmed to have COVID-19 | <input type="checkbox"/> Feeling feverish or measured temperature greater than 100.0 degrees |
| <input type="checkbox"/> Muscle Pain | |

If experiencing any symptoms listed above, please check with your healthcare provider and if they believe it is not symptomatic, come into work. If symptomatic, notify your supervisor of the needed absence. Employees must use sick time or if no sick time, vacation time, in order to be paid when staying home from work, because of illness.

Severe Symptoms:

- Are you struggling to breathe or fighting for breath even while inactive or when resting?
- Do you feel as though you might collapse every time you stand or sit up?

If you are experiencing any of these Severe Symptoms, call 911.

DO NOT COME TO WORK

<http://stthom.edu/stayhealthy>