



## COVID-19 Daily Self-Certification Form

Date \_\_\_\_\_

Employee Name \_\_\_\_\_

Company \_\_\_\_\_

Jobsite \_\_\_\_\_

All workers on-site must answer the following questions by circling either "YES" or "NO":

1. Have you had any signs of a fever or a measured temperature above 100.3 degrees or greater, chills, and shortness of breath, cough, or sore throat within the past 24 hours?

YES or NO

2. Have you had "close contact" with an individual diagnosed with COVID-19? "Close contact" means living in the same household as a person who has tested positive for COVID-19, being within 6 feet of a person who has tested positive for COVID-19 for about 15 minutes, or coming in direct contact with secretions (e.g., sharing utensils, being coughed on) from a person who has tested positive for COVID-19, while that person was symptomatic?

YES or NO

3. Have you been asked to self-isolate or quarantine by your doctor or a local public health official?

YES or NO

Temperature Reading, if necessary: \_\_\_\_\_

### What are the symptoms of COVID-19?

- Symptoms for COVID-19 include fever or a measured temperature above 100.3 degrees or greater, chills and shortness of breath, cough, or sore throat.

### How does COVID-19 spread?

- COVID-19 is thought to spread mainly from person to person through coughing or sneezing. It may also be spread when people touch something with the virus on it then touch their mouth, nose, or eyes. Symptoms usually appear 7-14 days after exposure.

### Who is at higher risk for COVID-19 complications?

- Pregnant women, people 65 years and older, and children or adults with underlying conditions such as asthma, diabetes, suppressed immune systems, heart disease, and kidney disease, are more likely to have complications.

### How severe is illness associated with COVID-19?

- Illness has ranged from mild to severe. Most people have recovered without needing medical treatment. However, hospitalizations and deaths have occurred.

### How do I protect myself?

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hand often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - ⇒ If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Stigma hurts everyone by creating more fear or anger toward ordinary people instead of the disease that is causing the problem. We can fight stigma and avoid hurting others by providing social support.