COVID-19 Daily Self-Assessment Checklist
CLICK HERE to complete this assessment online!

INSTRUCTIONS: Each employee is required to conduct a self-assessment daily for any signs of illness or COVID-19 symptoms prior to coming to work. This checklist is a tool designed to help you determine your well-being and readiness to report for on-site work based on current NC Department of Health and Human Services (NC DHHS) guidance. This checklist is not submitted to or recorded by UNCW and therefore daily monitoring is self-enforced. Please complete this self-assessment PRIOR to coming to your workplace each day. You should take your temperature each day as part of this self-assessment.

I. SELF-HEALTH ASSESSMENT

Do you currently have or have you had any of these symptoms in the last 14 days not related to another medical condition? Select all that apply.

- Temperature above 100° F
- Cough
- Shortness of breath
- Difficulty breathing
- Chills
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Recent history of fever
- Diagnosed with COVID-19 in the last 14 days

II. ENVIRONMENTAL ASSESSMENT

Select all that apply.

- In the last 14 days, I have cared for someone who is/was symptomatic of COVID-19
- In the last 14 days, I have lived in or visited a congregate/community setting (e.g. nursing home/assisted living)
- In the last 14 days, I have been in prolonged or close contact with someone who has tested positive for COVID-19
- In the last 14 days, I have been contacted by a public health or healthcare professional about possible exposure to COVID-19

III. NEXT STEPS

- If you did not check any of the boxes in Sections I or II then you can report to work on-site.
- If any of the boxes in Sections I and/or II are checked, DO NOT report to work, contact your healthcare provider, and notify the Student Health Center at coronavirus@uncw.edu