Daily At-Home Checklist for IU13 Staff

Let’s Stay Safe Together!

Please review this daily before coming to work:

1. Have you been exposed to someone diagnosed with COVID-19 in the past 14 days?
2. Do you have one or more COVID-19 symptoms? *(See below.)*
3. If you answer “yes” to one or both questions above, do NOT come into your work location.*

*Contact Human Resources for guidance, notify your supervisor, and please seek medical care as appropriate.

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**Symptoms of Coronavirus (COVID-19)**

Know the symptoms of COVID-19, which can include the following:

- Cough
- Fever
- Chills
- Muscle pain
- Shortness of breath or difficulty breathing*
- Sore throat
- New loss of taste or smell

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

*Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

[cdc.gov/coronavirus](http://cdc.gov/coronavirus)