

DAILY STAY SAFE SELF CHECKLIST

It's important to do a quick health check each day before coming to the College. Follow this checklist below to ensure you are keeping yourself and others safe. We appreciate you doing your part.

_____ 1. **Take your temperature**

Take your temperature daily. If it is above 100 degrees F stay home and do not return until you have been clear from fever for 48 hours.

_____ 2. **Complete daily symptom assessment**

If you have any of the following symptoms please stay home:

Cough _____ Muscle Aches _____

Chills _____ Sore throat _____

Diarrhea _____ Difficulty breathing _____

Headache _____ Loss of Smell or Taste _____

_____ 3. **Bring and wear your face covering**

You must wear face covering when in classrooms, labs, campus buildings, administrative offices, etc.

_____ 4. **Honor physical distancing**

Work, gather and study with social distancing in mind (at least 6 feet apart from others)

_____ 5. **Wash your hands with soap and water**

Wash your hands often and at least 20 seconds each time.

_____ 6. **Practice cough/sneeze etiquette**

Use a disposable tissue or cough into your sleeve. Use hand sanitizer or wash your hands after.