



## **Self-Screening Checklist**

If you or any members of your family have any of the following symptoms, please stay home:

- **Fever of 100.4 or above**
- **Dry Cough**
- **New fatigue**
- **Shortness of breath or difficulty breathing**
- **Chills**
- **New muscle pain or body aches**
- **New loss of taste or smell**
- **GI symptoms (e.g., nausea, vomiting, or diarrhea)**
- **Sore throat**
- **Headache**
- **Congestion or runny nose (not due to seasonal allergies)**

We do ask you to refrain from attending/serving if you have been exposed to COVID-19 or if you are waiting on test results from COVID-19. If you have questions about attending, please err on the side of caution. Remember, at this time, everyone age 3 and up must wear a mask indoors at all times.