SELF-EVALUATION QUESTIONNAIRE (09/08/20)

Self-observation is a key part of slowing the spread of COVID-19. This questionnaire, developed with criteria from the CDC, should be completed each day before coming to work.

Using a thermometer, take your temperature. If your temperature is greater than 100.4 degrees F, or you have had a fever within the past 3 days, stay home, call your supervisor, and seek medical attention. CFTE should also contact their employer.

If you do not have a fever, answer the following questions to yourself:

Have you had an illness with fever, cough or shortness of breath within the past 3 days?	YES	NO
Does anyone in your household or with whom you have had close contact have an illness with fever, cough or shortness of breath?	YES	NO
If you answered yes to either question, stay home and call your supervisor.		
Review the following list of symptoms and answer whether you are experiencing any of them:		
Cough (not related to allergies, smoking or pre-existing health condition)	YES	NO
Shortness of breath	YES	NO
Difficulty breathing	YES	NO
Fever (currently or within the past 3 days)	YES	NO
Chills	YES	NO
Muscle Pain	YES	NO
Sore Throat (not related to allergies)	YES	NO
Loss of Taste/Smell	YES	NO
If you answered yes to any of the above symptoms, stay home, call your supervisor, and seek medical attention.		

Once you begin your shift or workday, continue to observe yourself for any changes as listed above.

If you start to experience one or more of the above, you should:

- Contact your supervisor immediately. CFTE should also contact their employer.

- Return home

- Self- isolate (6ft distance between you and others)

- Monitor for symptoms

- Seek advice by telephone from a healthcare provider of their local health department (The healthcare provider will determine if a medical evaluation is needed).

This is NOT an official medical questionnaire. It is for your personal use only. Please use this personal tool to help track symptoms and temperature prior to coming to work.