



**CENTRAL
TEXAS
COLLEGE®**

COVID-19

Self-Assessment Form

Exposure

In the past 14 days have you been within six feet of a person with a lab-confirmed or suspected case of COVID-19?

YES NO

Does a family member living with you have a lab confirmed case of COVID 19?

YES NO

If you answered “YES” to either of these questions,
DO NOT COME TO CAMPUS

Travel

Have you or do you plan to travel to other countries and U.S. territories (Guam, American Samoa, Puerto Rico, U.S. Virgin Islands, and Northern Mariana Islands) within the next three months?

YES NO

**DO NOT COME TO CAMPUS
AFTER TRAVELING**

Symptoms

Have you started to experience any of the following symptoms?

- Cough
- Shortness of breath
- Chills
- Repeated shaking with chills
- Unexplained muscle pain
- Unexplained headache
- Sore throat
- Loss of taste or smell
- Unexplained diarrhea
- Headache
- Feeling feverish or temperature of 100 degrees or higher

If you are experiencing any of these symptoms,

- Stay home and **DO NOT COME TO CAMPUS.**
- Remain at home until
 - You have been fever free, you have not had a fever for at least 72 hours (that is three full days without fever and without the use of fever-reducing medication),
 - Other symptoms have improved (for example, your cough or shortness of breath have improved) and
 - You have obtained a note from your physician clearing you to return to campus or a negative test result for COVID-19
- Seek immediate medical care if symptoms become more severe.

IF you marked “YES” to any of the questions or are experiencing any of the symptoms listed, fill out the self-reporting retrieve form and notify your supervisor if you are not coming to work.