

SUL ROSS STATE UNIVERSITY

Daily self-report checklist

If you check yes to any of the CDC's listed COVID-19 symptoms, the instructions below determine your actions regarding the university's campus.

✓ Yes	Symptoms
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_____ Do you feel chills, feverish, or have a temperature over 100.3 degrees Fahrenheit?

_____ Do you have shortness of breath or difficulty breathing?

_____ Do you have a dry cough or does it produce sputum?

_____ Do you feel extra tired or fatigued?

_____ Do you have muscle or body aches?

_____ Do you have a headache?

_____ Do you have a sore throat?

_____ Do you have sinus congestion or runny nose?

_____ Do you have nausea or vomiting?

_____ Do you have diarrhea?

_____ Did you recently lose taste or smell?

_____ Did you come near anyone with COVID-19?

_____ Did you travel outside the Big Bend area within the last 14 days?

Instructions:

- If you answered yes to any of the questions, stay home and contact your university department or supervisor for guidance.
- If told to quarantine for 14 days, monitor your symptoms and temperature. Avoid large groups and compromised individuals.
- If you are feeling ill, or have a fever greater than 100.3° F, call your healthcare provider.
- If positive for COVID-19, isolate at home and contact the president's office at Sul Ross State University, (432) 837-8000.