Coronavirus (COVID-19) Daily Self-Assessment

All students and employees must monitor their own health on a daily basis. Check your temperature daily and self-assess for symptoms of COVID-19 prior to coming to a Texas State campus.

Stay at home and call your healthcare provider or the Student Health Center at 512.245.2161 for evaluation and testing:

**IF YOU HAVE ANY ONE OF THE FOLLOWING SYMPTOMS**

- Cough
- Fever (100.4 degrees Fahrenheit (38 degrees Celsius) or higher)
- Shortness of breath

**IF YOU HAVE HAD AT LEAST TWO OF THE FOLLOWING SYMPTOMS**

- Chills
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Vomiting or diarrhea
- Sinus congestion or runny nose

**WHAT TO DO NEXT**

- **If you answered NO to all**: Report to class, work, or university activities and comply with all relevant guidelines on campus
- **If you have COVID-19 symptoms**: Stay at home and contact your healthcare provider or the Student Health Center at 512-245-2161 to arrange for a medical evaluation and COVID-19 testing, if deemed appropriate.