

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.
-