Coronavirus (COVID-19) Daily Self-Assessment

All students and employees must monitor their own health on a daily basis. Ask yourself the following questions as part of a daily self-assessment. Answer yes or no to each question every day.

HAVE YOU HAD ANY OF THESE SYMPTOMS IN THE PAST 24 HOURS?

- Fever
- Chills
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Vomiting or diarrhea

HAVE YOU HAD ANY OF THESE SYMPTOMS IN THE PAST 24 HOURS, NOT RELATED TO ALLERGIES?

- Sinus congestion
- 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 answered YES to **two or more symptoms**: 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.