

To help prevent the spread of COVID-19, employees and students should conduct a daily self-assessment prior to the start of the workday, classes, or other educational activities on campus.

Take your temperature and answer the following each day BEFORE you arrive on campus:

1. Do you have any of the following symptoms of COVID-19?

- | | | |
|----------------------------|------------------------------|-----------------------------|
| Fever | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Cough | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Shortness of breath | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Fatigue or body aches | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Headache | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| New loss of taste or smell | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Sore throat | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Congestion or runny nose | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Nausea or diarrhea | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Urgent Warning Signs

In the event of the below symptoms, employees and students should seek medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

2. Are you ill or taking care of someone who is ill?

- Yes
 No

3. In the fourteen (14) days before you felt sick, did you:

- Have contact with someone diagnosed with COVID-19?
 Live in or visit a place where COVID-19 is spreading?

Employees or students who are well but live with a family member or individual who is sick should stay home and notify their supervisor or instructor.

Employees and students who have answered yes to any of these questions should isolate at home or in their residence hall room. Students who are isolating due to illness should contact their healthcare provider and notify the Office of Health Services at griewischc@lmc.edu or 828.898.8862. Faculty and staff who are isolating due to illness should contact their healthcare provider and notify their supervisors and the Office of Human Resources furstm@lmc.edu or 828.898.8743. Individuals who feel sick should not visit Health Services or any healthcare provider without calling or emailing first.

Tips for Isolation:

- Stay away from work, classes, and other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.
- As much as possible, stay in a specific room, away from other people in your home and use a separate bathroom, if available. If you need to be around other people, wear a facemask if you are symptomatic. Avoid sharing personal items with others like dishes, towels, and bedding.
- Get rest and stay hydrated, cover your cough and sneezes, wash your hands often with soap and water for at least 20 seconds, or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.
- If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.
- Monitor your symptoms. If your symptoms get worse, call your healthcare provider immediately. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.