

Name: _____

Date: _____ / _____ / _____



ST. MARK *the* EVANGELIST
CATHOLIC CHURCH

COVID-19 SELF- MONITORING CHECKLIST

In light of the coronavirus crisis and concerns for your health and well-being, the Pastoral Center has established guidelines for employees in our workspace and St. Mark the Evangelist Catholic Church will abide by the same preventative measures. Below is a list of health-monitoring questions that you are asked to honestly answer each day. If any of your responses are yes, you are asked to please stay home for the safety of others.

Symptoms of Infection	Yes	No
Fever of 100.4 or higher		
Unexplained Cough		
Headache		
Sore Throat		
Shortness of Breath		
Fatigue		
Loss of taste or smell		
Unexplained body aches		
Had contact with anyone who has been diagnosed with,		
or who may have symptoms associated with COVID-19.		

If you answered "Yes" to any of the above, it is not safe to enter the building - Please do not come to work.

In addition to self-monitoring your symptoms, please continue to:

Wash your hands often, and for at least 20 seconds.

Avoid touching your face.

Practice social distancing by staying at least 6 feet away from other people.

Cover your coughs and sneezes with the sleeve of your shirt or coat.

Clean and disinfect frequently touched objects in your workspace often.

Do not use other employees' phones, desks, offices, or computers, etc.

Call your doctor if you have a fever, cough, and shortness of breath.

This form has been adopted from the Pastoral Center

- (Additionally, guests will have their temperature taken when entering the building to ensure that it's within the normal range, which is below 100.4. Each person will receive a sticker to wear after their temperature is taken to indicate they have been screened. - To be considered, but not required at the moment)