

**MASS ATTENDEES/VOLUNTEERS
COVID-19 Self-Checklist
St. Thomas the Apostle Parish**

Please review this COVID-19 self-checklist prior to entering the building for Mass/volunteering. You and family members will be "signed in" by a Greeter. By allowing that you are verifying that each of you meet the guidelines to participate safely without risking the health of others.

If you reply YES to any of the questions below, YOU MUST RETURN HOME and notify your healthcare provider for assessment and testing. Additionally, if you become sick with COVID-19 symptoms while at Mass/while volunteering, you must leave the premises and go home immediately. You may return upon completing at least 10 days of isolation from the onset of symptoms OR upon receipt of a negative COVID-19 test result.

--Do you have a fever (temperature over 100.3 F) without having taken any fever reducing medication? Yes No

--Loss of Smell or Taste? Yes No

--Muscle Aches? Yes No

--Sore Throat? Yes No

--Cough? Yes No

--Shortness of Breath? Yes No

--Chills? Yes No

--Have you experienced any gastrointestinal symptoms such as nausea/vomiting, diarrhea, loss of appetite? Yes No

--Have you, or anyone you have been in close contact with been diagnosed with COVID-19, or been placed on quarantine for possible contact with COVID-19? Yes No

--Have you been asked to self-isolate or quarantine by medical professional or a local public health official? Yes No

If you answered "NO" to all questions, you are able to attend Mass/Volunteer.