

COVID-19 SELF MONITORING CHECKLIST

Volunteer Name: _____ Date: _____

Since the Diocese continues to have open buildings and more employees working in their office space, we also understand that there is risk in doing so and can lead to additional exposure to COVID-19. Therefore, we have established guidelines for any volunteer who enters the building. You may volunteer at the Parish sites as long as you are able to honestly answer NO to the following questions. However, please remember if you develop any of the symptoms below, **STAY HOME**. Please do **NOT** enter the building for your safety and the safety of others.

SYMPTOMS OF INFECTION

	<u>YES</u>	<u>NO</u>
Fever of 100.4 or higher	_____	_____
Cough	_____	_____
Headache	_____	_____
Sore Throat	_____	_____
Shortness of Breath	_____	_____
Fatigue	_____	_____
Loss of taste or smell	_____	_____
Unexplained body aches	_____	_____
Diarrhea, Nausea or Vomiting	_____	_____
Runny Nose or Congestion	_____	_____
Chills	_____	_____
Had contact with anyone who has been diagnosed with or who may have symptoms associated with COVID-19 in the past 10 days .	_____	_____

Have you traveled outside of ME, NH, or VT in the past 10 days? Yes ____ NO ____

If you answered Yes to any of the above, then it is not safe to enter the building - Please do not come into any Parish site.

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

- ✓ Wear a facemask over your mouth and nose.
- ✓ Wash your hands often, and for at least, 20 seconds at a time and 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 such as workstations, keyboards, computer mouse, telephones doorknobs, light switches, chair armrests, countertops, and handrails.
- ✓ Not use other workers' phone, desk, office, or computer.
- ✓ Call your doctor if you have a fever, cough, and shortness of breath.

By signing this I attest the above is accurate.

Volunteer Signature: _____ Date: _____