SELF – CHECK
BEFORE
LEAVING HOME

Thank you for completing this self-check before each classroom session.

Have I had contact with anyone who has been diagnosed with or who may have symptoms associated with COVID-19? ___Yes ___No

Am I unable or unwilling to wear a face covering while I am inside buildings or less than 6 feet away from people who do not live in my home? ___Yes ___No

Have I traveled outside of the state of Maine in the last 2 weeks to a state other than Connecticut, New Hampshire, New Jersey, New York, or Vermont? ___Yes ___No

Do I have ANY of the following symptoms: ___Yes ___No
- Fever of 100.4 or higher
- Fatigue
- Shortness of breath
- Cough
- Headache
- Sore throat
- Loss of taste or smell
- Unexplained body aches?

If you answered "No" to all four questions, you may go out in public safely.
Be sure to wear a face covering and stay safe!

Roman Catholic Diocese of Portland – August 2020
Please check the Maine CDC for up-to-date info on Covid19 related safety and health protocols.