

# Daily COVID-19 Wellness Check

To help promote a healthy campus environment, please complete the daily wellness check by asking yourself:

- 1. Have you been around anyone sick or diagnosed with COVID-19?  
\_\_\_\_\_
- 2. Do you have a cough, shortness of breath, or difficulty breathing?  
\_\_\_\_\_
- 3. Do you have a fever or chills?  
\_\_\_\_\_
- 4. Are you fatigued?  
\_\_\_\_\_
- 5. Do you have muscle aches, body aches, or a headache?  
\_\_\_\_\_
- 6. Do you have a sore throat?  
\_\_\_\_\_
- 7. Do you have recent loss of taste or smell?  
\_\_\_\_\_
- 8. Do you have nausea, vomiting, or diarrhea?  
\_\_\_\_\_
- 9. Do you have congestion or a runny nose?  
\_\_\_\_\_
- 10. Have you traveled internationally or on a cruise ship in the past 2 weeks? (The CDC recommends a 14-day quarantine period.)  
\_\_\_\_\_

If you answered yes to any of the above questions, please stay home from work. Notify your health care provider if you have any of the above symptoms or have been in contact with anyone who is sick or was diagnosed with COVID-19.

## Questions? Contact:

Human Resources  
660-785-4031  
hrstaff@truman.edu

[hr.truman.edu](http://hr.truman.edu)



# How to Protect Yourself and Others

## KNOW HOW IT SPREADS

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to the virus.**
- The virus is thought to spread mainly from person-to-person.
  - » Between people who are in close contact with one another.
  - » Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
  - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  - » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

## CLEAN YOUR HANDS OFTEN

- **Wash your hands** often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

## AVOID CLOSE CONTACT

- **Stay home if you are sick.**
- **Avoid close contact** with people who are sick.
- **Put distance between yourself and other people.**
  - » Remember that some people without symptoms may be able to spread the virus.

## COVER YOUR MOUTH AND NOSE WITH A CLOTH FACE COVER WHEN AROUND OTHERS

- **You could spread COVID-19 to others** even if you do not feel sick.
- **Everyone should wear a cloth face cover when they have to go out in public,** for example to the grocery store or to pick up other necessities.
  - » Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.
- **The cloth face cover is meant to protect other people** in case you are infected.
- The cloth face cover is not a substitute for social distancing.

## COVER COUGHS AND SNEEZES

- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze, or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

## CLEAN AND DISINFECT

- **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection, then, use a household disinfectant.