UNIVERSITY OF TEXAS A ARLINGTON

DAILY SELF-MONITORING FOR COVID-19

Everyone must measure their temperature daily.

Prior to coming to campus or while on campus if you are experiencing any of the following symptoms that are new, worsening or occurring in a way that is not normal for any chronic conditions you may have, please remain or return home.   Employees should notify their supervisor.

- ☐ Cough
- ☐ Shortness of breath or difficulty breathing
- ☐ Chills
- ☐ Repeated shaking with chills
- ☐ Muscle pain
- ☐ Headache
- ☐ Sore throat
- ☐ Loss of taste or smell
- ☐ Diarrhea
- ☐ Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit

If you have been in close contact with a person who is lab-confirmed to have COVID-19, you may not return to work or class until the end of the 14-day self-quarantine period from the last date of exposure. You are required to complete the Close Contact or Personal Diagnosis (COVID-19) Form.. If diagnosed with COVID-19, you are also required to complete the Close Contact or Personal Diagnosis (COVID-19) Form. You may return to campus when all four of the following criteria are met:

- ☐ At least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications;
- ☐ Improvement in symptoms (e.g. cough, shortness of breath);
- ☐ At least 10 days have passed since symptoms first appeared
- ☐ You have obtained a note from a medical professional clearing you for return to work or class

If you have symptoms that could be COVID-19 and do not get evaluated by a medical professional or tested for COVID-19, you are assumed to have COVID-19 and may not return to work or class until you have completed the same four-step criteria listed above.

If you have symptoms that could be COVID-19 and want to return to work or class before completing the above self-isolation period, you must obtain a medical professional's note clearing you for return based on an alternative diagnosis.