



COVID-19 Daily Checklist

This Daily Self Checklist must be reviewed each day before reporting to class on campus.

STEPS:

1. Check the symptom list below.
2. If you are experiencing any of the symptoms listed below, please email your instructor and let them know you are staying home due to having the identified symptom. Please include your student ID# and a phone number in your email. Your information will be forwarded to the Student Health & Wellness Office. Students may also self-report online at <https://bit.ly/30S8DmM>. You will be contacted by a nurse within 24hrs.
3. Students are encouraged to contact the Grossmont College Health & Wellness Office via email: Grossmont. Health@gcccd.edu for further instructions.

- ☐ Do you have a **FEVER** (a temperature above 100.0 F)?
- ☐ Do you have a **COUGH**?
- ☐ Do you have **SHORTNESS OF BREATH**?
- ☐ Do you have **MUSCLE ACHES** or **CHILLS**?
- ☐ Do you have a **SORE THROAT** or **HEADACHE**?
- ☐ Do you have **LOSS** of **TASTE** or **SMELL**?
- ☐ Do you have **NAUSEA, VOMITING, DIARRHEA, or LOSS OF APPETITE**?
- ☐ Have you, or anyone you have been in close contact with been **DIAGNOSED** with COVID-19, or **PLACED ON QUARANTINE** within the last 14 days (not including Allied Health and Nursing clinicals where proper safety measures were followed)?
- ☐ Have you been asked to **SELF-ISOLATE OR QUARANTINE** by a **medical professional or local public health official**?

☒ **Thank you for doing your part to keep our campus community safe and healthy!**