



COVID-19 Daily Self Checklist

Review this COVID-19 Daily Self Checklist each day before reporting to work.

If you reply YES to any of the questions below, STAY HOME (with pay) and follow the steps below:

- Step 1: Report symptoms requiring you to stay at home by calling a union or PMA representative.
- Step 2: Login to <https://selfservice.pmanet.org> to complete an application for paid leave on-line and then select "submit" to process the application.

Did any of the following symptoms first appear within the last 10 days?

Do you have a fever (temperature over 100.4F) without having taken any fever reducing medications?

- Yes
 No

New Loss of Smell or Taste?

- Yes
 No

Muscle Aches?

- Yes
 No

Sore Throat?

- Yes
 No

Cough?

- Yes
 No

Shortness of Breath/Difficulty Breathing?

- Yes
 No

Chills? Headache?

- Yes
 No

Have you experienced any gastrointestinal symptoms such as nausea/vomiting, diarrhea, loss of appetite?

- Yes
 No

Have you recently been diagnosed with COVID-19? Have you recently had COVID-19 exposure¹? Have you been placed on quarantine for possible COVID-19 exposure within the last 14 days?

- Yes
 No

Have you been asked to self-isolate or quarantine by a medical professional or a local public health official within the last 14 days?

- Yes
 No

If you replied YES to any of the above questions and a licensed healthcare professional has not determined that your symptoms are caused by a known condition other than COVID-19 (for example shortness of breath due to asthma) you should stay home to protect the health and safety of all workers. We recommend that you contact your health care provider and advise your provider that you have experienced symptoms of COVID-19. Follow the Centers for Disease Control and Prevention (CDC) recommended steps at: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>.

¹ "COVID-19 exposure" means you were within six feet of a COVID-19 case for a cumulative total of 15 minutes or greater in any 24-hour period within or overlapping with their "high-risk exposure period" even if face coverings were used. "High-risk exposure period" means the following time period: (1) for COVID 19 cases who develop COVID-19 symptoms: from two days before they first develop symptoms until 10 days after symptoms first appeared, and 24 hours have passed with no fever, without the use of fever-reducing medications, and symptoms have improved; or (2) for COVID 19 cases who test positive but never develop COVID-19 symptoms: from two days before until ten days after the specimen for their first positive test for COVID-19 was collected.