

This guidance is intended for screening of employee prior to the start of the workday. It is not intended for people confirmed or suspected COVID-19, including persons under investigation. Individuals with confirmed or suspected COVID-19 should follow the guidance found here. Please read each question carefully and answer any that applies to you.

<b>Have you had any of the following symptoms in the last 48 hours?</b>	<b>YES</b>	<b>NO</b>
Cough	<input type="checkbox"/>	<input type="checkbox"/>
Shortness of breath or difficulty breathing	<input type="checkbox"/>	<input type="checkbox"/>
Fever (usually 100.4 or higher) OR Chills [ <i>Employees who have symptoms of acute respiratory illness are recommended to notify their supervisor and stay home until they are free of fever, free from signs of a fever, or any other symptom for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants).</i> ]	<input type="checkbox"/>	<input type="checkbox"/>
Fatigue	<input type="checkbox"/>	<input type="checkbox"/>
Muscle or body aches	<input type="checkbox"/>	<input type="checkbox"/>
Headache	<input type="checkbox"/>	<input type="checkbox"/>
New loss of taste or smell	<input type="checkbox"/>	<input type="checkbox"/>
Sore throat	<input type="checkbox"/>	<input type="checkbox"/>
Congestion or runny nose	<input type="checkbox"/>	<input type="checkbox"/>
Nausea or vomiting	<input type="checkbox"/>	<input type="checkbox"/>
Diarrhea	<input type="checkbox"/>	<input type="checkbox"/>
<b>Within the past 14 days, Have you been in close physical contact (6ft or closer for at least 15 minutes) with a person who is known to have laboratory-confirmed COVID-19 or with anyone who has any symptoms consistent with COVID-19?</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Are you isolating or quarantining because you may have been exposed to a person with COVID-19 or are worried that you may be sick with COVID-19?</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Are you currently waiting on the results of a COVID-19 test OR have you had a positive test for the virus that causes COVID-19 disease within the past 10 days??</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Have you traveled internationally, OR have you traveled to a COVID-19 hotspot/high-risk area within the past 14 days?</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Is the information provided on this form true &amp; correct to the best of your knowledge?</b>	<input type="checkbox"/>	<input type="checkbox"/>

<b>NAME:</b>	<b>DATE</b>	
<b>SIGNATURE:</b>	<b>FACILITY</b>	<input type="checkbox"/> SH <input type="checkbox"/> FH <input type="checkbox"/> TC <input type="checkbox"/> SARP

<b>Did you answer NO to ALL QUESTIONS?</b>	<b>Access to YWCA facilities APPROVED.</b> Please turn in this form upon your arrival at work and have your temperature checked upon arrival. Thank you for helping us protect you and others during this time.
<b>Did you answer YES to ANY QUESTION?</b>	<b>Access to YWCA facilities NOT APPROVED.</b> Please see page 3 for further instructions. Thank you for helping us protect you and others during this time.

Note: This is an emerging, rapidly evolving situation. Information in this document is current as of August 31, 2020. Please check the Virginia Department of Health (DOH) website at <https://www.vdh.virginia.gov/coronavirus/> for the most current information and guidance.

## WAYS TO MANAGE HEALTH AT HOME

- Stay home from work and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.
- Monitor your symptoms. If your symptoms get worse, call your healthcare provider immediately. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.
- Remember to get rest and stay hydrated, cover your cough and sneezes, wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.
- As much as possible, stay in a specific room, away from other people in your home and use a separate bathroom, if available. If you need to be around other people, wear a facemask if you are symptomatic. Avoid sharing personal items with others like dishes, towels, and bedding.
- Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

Self-checker link: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

Guidance on Preparing Workplaces for COVID-19: <https://www.osha.gov/Publications/OSHA3990.pdf>

**The screening you completed indicates that you may be at increased risk for COVID-19**

*If you are not feeling well, we hope that you feel better soon!*

**Here are instructions for what to do next**

**1**

**2**

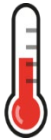
**3**

<p>If you are not already at home, please avoid contact with others and go straight home immediately.</p>	<p>Call your primary care provider for further instructions, including information about COVID-19 testing.</p>	<p>Contact your direct supervisor to discuss options for telework and/or leave.</p>
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*Before going to a healthcare facility, please call and let them know you may have an increased risk for COVID-19*

**In case of a life-threatening medical emergency, dial 911 immediately**

**Returning to the Workplace**



**If you have had symptoms consistent with COVID-19 or have tested positive for COVID-19, DO NOT** physically return to work until you get a medical evaluation and are approved to return to a work setting by your medical provider or via the Virginia Department of Health regulations. Please call your supervisor to discuss when to return to work. Read more about when it is safe to be around others at: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>



**If you have a chronic medical condition that causes COVID-19 like symptoms** and you need access to the YWCA facilities, please reach out to your direct supervisor to determine whether you can safely be granted access to a YWCA facility.



**If you have been in close contact with someone with COVID-19 or suspected to have COVID-19** you should stay home and self-isolate for 14 days before returning to work. Read more about when you should be in isolation or quarantine at; <https://www.vdh.virginia.gov/coronavirus/frequently-asked-questions/isolation-quarantine-movement-restrictions-public-health-monitoring/>



**If you are currently isolating or quarantining because of concerns about COVID-19 or you have a COVID-19 test pending,** please contact your primary care provider for guidance on when you can return to work.