

Daily Symptoms Checklist

We're in This Together!



For the health and safety of our community, MVESC cannot emphasize enough that if a student or staff member is showing any of the following COVID-19-related symptoms, please do not come to school or work. Ask yourself daily if you are experiencing any of the symptoms listed below.



Do you have a new fever (100.4° F or higher) or chills?



Do you have any new fatigue?



Do you have a new cough or sore throat that is not from another health condition?



Do you have nausea, vomiting or diarrhea? that is not from another health condition?



Do you have shortness of breath or difficulty breathing?



Do you have a new headache, congestion or runny nose?



Have you lost any sense of smell or taste?



Do you have muscle or body aches that are not from another health condition, such as physical activity?

Have you come into close contact with someone diagnosed with COVID-19?

Close contact is defined as being within 6 feet of a person for a period of 15 minutes while the person is exhibiting symptoms or two days prior to the person becoming symptomatic.

If you answered yes, please contact your medical professional to see if you need to self-quarantine for 14 days following contact. If you are advised to stay home, inform your supervisor immediately.