



COVID-19 Self-Screening

Purpose

This form is an assessment tool to determine symptoms of COVID-19 to evaluate whether you should come to campus. All faculty, staff, students, and visitors are recommended to self-screen daily prior to coming to campus.

How To Self-Screen

Prior to coming to campus each day, assess yourself for any of the following signs or symptoms:

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| ☐ Fever (greater than 100°F) | ☐ New loss of taste or smell |
| ☐ Chills | ☐ Unexplained headache |
| ☐ Unexplained new or worsening cough | ☐ Nausea or vomiting |
| ☐ Shortness of breath or difficulty breathing | ☐ Diarrhea |
| ☐ Unexplained muscle or body aches | ☐ Unexplained congestion or runny nose |
| ☐ Unexplained sore throat | |

Next Steps

If you are experiencing any of the above symptoms: STOP! **DO NOT COME TO CAMPUS**. If you are a residential student, remain in your residence hall room or apartment. Notify your supervisor and/or professors. Seek a COVID-19 test, follow [isolation/quarantine guidelines](#), and contact your medical provider. If any of the listed symptoms develop or worsen after you are already on campus, notify your supervisor and immediately return to your residence. If you test positive for COVID-19, it is recommended that you alert people with whom you have been within 6 feet for more than 15 cumulative minutes during your infectious period.

Medical Emergency

The following signs and symptoms are indicative of a medical emergency and require immediate medical attention. Seek an emergency room or call 9-1-1.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Questions?

- For the latest TWU COVID-19 related information, see <https://twu.edu/coronavirus/>