

CENTRAL OREGON COMMUNITY COLLEGE

COVID-19 DAILY SELF-CHECK PROTOCOLS

Last date updated: August 2, 2021

I. COVID-19 Daily Self-Check Protocols*

Working together, COCC students, employees, and visitors can mitigate the spread of the coronavirus on campus through daily symptom self-checks. A daily self-check, coupled with other measures including the COVID-19 vaccines, face masks, physical distancing, and hand washing, help to keep our campuses safe and healthy.

Before you begin: This self-assessment health tool is not meant to take the place of consultation with your health care provider or to diagnose/treat conditions. If you're in an emergency medical situation, call 911.

Daily Self-Check Health Assessment

1. In the last 48 hours, have you experienced any of the symptoms listed below?
 - a. Fever greater than or equal to 100.4 Fahrenheit or 38 Celsius?
 - b. Chills or sweating
 - c. Cough
 - d. Mild or moderate difficulty breathing (breathing slightly faster than normal, feeling like you can't inhale or exhale, or wheezing, especially during exhaling or breathing out)
 - e. Sore throat
 - f. Muscle aches or body aches
 - g. Unusual fatigue
 - h. Headache
 - i. New loss of taste or smell
 - j. Congestion or runny nose
 - k. Nausea or vomiting
 - l. Diarrhea

YES / NO

2. Within the past 14 days, has a public health or medical professional told you to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19 infection? This includes if you are waiting on the results of a COVID-19 test that was recommended by a medical professional.

YES / NO

Did you answer NO to ALL questions? Please proceed to campus. Thank you for helping the COCC community stay healthy.

Did you answer YES to one or more of these questions? Please remain at your place of residence and contact your primary healthcare provider right away. They will be able to help determine next steps and when it is safe for you to return to campus. Thank you for helping the COCC community stay healthy.

**This assessment is derived from the CDC COVID-19 self-assessment tool, in consultation with Deschutes County Health Services.*

