



COVID-19 Daily Health Self-Assessment

Daily screenings can help to prevent the spread of the coronavirus. Employees and students are asked to complete the following health self-assessment each day **PRIOR** to coming to any CSN location. This assessment asks a series of questions to help you assess your symptoms or possible exposure.

Please review each question and answer “YES” or “NO”. Answers do not need to be recorded or submitted.

- (1) Do you have a new cough that you cannot attribute to another health condition?
- (2) Do you have new shortness of breath that you cannot attribute to another health condition?
- (3) Do you have any two or more of the following symptoms: Fever (100.4 degrees F or higher), chills, fatigue, muscle or body aches, headache, sore throat, congestion or runny nose, new loss of taste or smell, nausea, vomiting, or diarrhea?
- (4) Have you come into close contact (within 6 feet for about 15 minutes or more) with a confirmed case of COVID-19 in the past 10 days?

Healthcare Personnel (HCP) – Healthcare exposure is defined as follows: having unprotected, direct contact with a known COVID-19 positive patient or the infectious secretions/excretions of the patient **AND you were not wearing all recommended PPE or following currently recommended CDC infection control practices. Please contact wellness@csn.edu for assistance in determining if your exposure is considered unprotected. Note: students and trainees in health science programs are considered HCP.*

If You Answered “YES” to any of the Assessment Questions:

- Report possible exposures, illness, or a confirmed COVID-19 diagnosis to the [CSN COVID-19 Reporting Form](#) or Wellness@csn.edu.
- If you are experiencing symptoms of COVID-19, stay home and seek testing regardless of vaccination status. Do not go to campus or clinical. Contact your supervisor or instructor for alternative arrangements.
- Individuals who are [up-to-date](#) on their COVID-19 vaccination are generally not required to quarantine after an exposure to COVID-19 unless they become symptomatic. Please consult with Wellness@csn.edu after an exposure to determine if you are exempt from quarantine.

For more information about COVID-19, please visit the resources below.

- Visit the [CDC Website](#)
- Visit the [SNHD Website](#)
- Visit the [Nevada Health Response Website](#)

Additional steps to protect yourself and others from COVID-19:

- **COVID-19 Vaccination**
 - Being fully vaccinated and boosted is the best way to protect yourself against COVID-19 and prevent it from spreading to others, including those who are vulnerable to serious illness.
- **Wash your hands often**
 - Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- **Wear a Face mask**
 - Wearing a face covering in public settings can offer additional protection especially if you are considered high risk or immunocompromised.
- **Continue practicing social distancing**
 - Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet from other people. Stay out of crowded places and avoid mass gatherings.
- **Cover Coughs and sneezes**
 - Remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash and immediately wash your hands with soap and water for at least 20 seconds.
- **Clean and disinfect frequently touched surfaces daily.**
 - Includes tables, doorknobs, light switches, countertops, desks, phones, keyboards, toilets, faucets, and sinks.