Non-Health Care Worker Symptom Screening Checklist Questions

Anyone showing symptoms of COVID-19 or who may
have been exposed to COVID-19 should not work.

Close Contact

1. **Have you had close contact (within 6 feet for at least 10 minutes) in the last 14 days with someone diagnosed with COVID-19, or has any health department or health care provider been in contact with you and advised you to quarantine?**
    - ❑ Yes
        - ➢ The worker should not work. The worker can return 14 days after the last time they had close contact with someone with COVID-19, or as listed below.
    - ❑ No
        - ➢ The worker can work if they are not experiencing symptoms.

Symptoms

2. **Since you last worked, have you had any of these symptoms?**
    - ❑ Fever
    - ❑ Chills
    - ❑ Shortness of breath or difficulty breathing
    - ❑ New cough
    - ❑ New loss of taste or smell
    - ❑ Fatigue
    - ❑ Muscle or body aches
    - ❑ Sore throat
    - ❑ Congestion or runny nose
    - ❑ Nausea or vomiting
    - ❑ Diarrhea

    If a worker has any of these symptoms, they should go home, stay away from other people, and call their health care provider.

Diagnosis

3. **Since you last worked, have you been diagnosed with COVID-19?**
    - ❑ Yes
    - ❑ No

    If a worker is diagnosed with COVID-19 based on a test or their symptoms or does not get a COVID-19 test but has had symptoms, they should not work and stay at home.

Returning to Work

A worker can return to work when they can answer YES to ALL three questions:

- ❑ Has it been at least 10 days since you first had symptoms?
- ❑ Has it been at least 3 days since you've had a fever (without using fever reducing medicine)?
- ❑ Has it been at least 3 days since your symptoms have improved, including cough and shortness of breath?

If an employee has had a negative COVID-19 test, they can return to work once they have no fever without the use of fever-reducing medicines and have felt well for 24 hours.
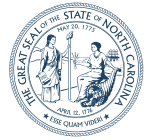
The employee can return to work without meeting the above criteria and without a negative COVID-19 test result IF they have a doctor's note allowing them to return to work.
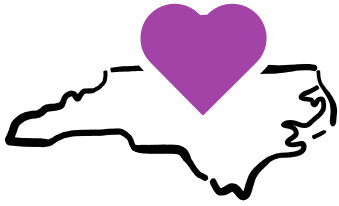
#StayStrongNC

Staying apart brings us together.
Protect your family and neighbors.

Learn more at nc.gov/covid19.

NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES