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 if they test for COVID-19 and/or develop symptoms.
   - ❑ 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 for testing guidance.

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

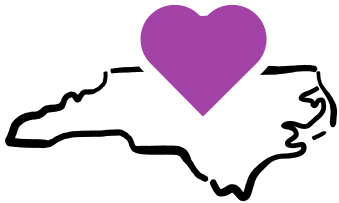**A worker with COVID-19** can return to work when they can answer YES to ALL three questions:

- ❑ Has it been at least 10 days since you first had symptoms?
- ❑ Has it been at least 24 hours since you've had a fever (without using fever reducing medicine)?
- ❑ Have all your symptoms improved, including cough and shortness of breath?
- ❑ If **asymptomatic**, has it been 10 days since you were tested and have you remained symptom free?

If a worker with a negative COVID-19 test has <u>NO known exposure and NO symptoms</u>, they can return to work once they receive their negative test results.

If a worker with a negative COVID-19 test <u>has had symptoms but NO known exposure</u>, they may return to work once fever free without the use of fever-reducing medicines and have felt well for 24 hours.

If a worker with a negative COVID-19 test <u>has had a known exposure</u>, they must quarantine at home for 14 days since symptoms started, regardless of the negative test result. After 14 days, they can return to work if they have been fever free without the use of fever-reducing medicines and have felt well for 24 hours.

The worker 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.

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

Learn more at nc.gov/covid19.

NC DEPARTMENT OF
**HEALTH AND
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