



SELF-SCREENING QUESTIONNAIRE TOOL FOR COVID-19

What do I do when I'm not feeling well and/or been in close contact with others and I'm scheduled to volunteer at VEAP? If you are asking those very questions, we've provided this helpful self-screening tool to guide you.

1. ARE YOU EXPERIENCING SYMPTOMS OF COVID-19?

- Fever of 100.4 ° F or above
- Shortness of breath that started in the last 48 hours
- New or worsening cough in the last 48 hours
- Body aches
- Congestion or runny nose
- Diarrhea
- Nausea or vomiting
- New onset loss of taste or smell
- Sore throat

2. HAVE YOU HAD CLOSE CONTACT WITH ANY OF THE FOLLOWING? CLOSE CONTACT DEFINED AS:

- Living or caring for person who tested positive for COVID-19
- Being coughed or sneezed on by a person who has COVID-19
- Shaking hands with a person who has COVID-19
- Being less than 6 feet away for 15 minutes or longer in the last 14 days from a:
 - Symptomatic person who tested positive or is presumed positive for starting 2 days before the onset of their symptoms until they met criteria for discontinuing isolation (quarantining).
 - Asymptomatic person who tested positive for COVID-19 AND you had contact with them starting 2 days before the date of specimen collection until 10 days after the date of their specimen collection.

3. HAVE YOU BEEN DIRECTED OR TOLD BY THE LOCAL HEALTH DEPARTMENT OR YOUR HEALTHCARE PROVIDER TO SELF-ISOLATE OR SELF-QUARANTINE?

If you answered 'YES' to ANY of the questions 1, 2 or 3 above: STAY HOME and contact the Volunteer Department at VEAP (952.955.8323 or 952.955.8325) You should not go to work or other public places. Employees and volunteers with COVID-19 related symptoms are encouraged to get tested. See [Returning to Volunteer Criteria](#) on next page.

If you answered 'NO' to ALL questions 1 - 3 above, you are cleared to return to volunteer onsite.



RETURNING TO VOLUNTEER CRITERIA

Please review this guide to aid in determining when you can be back onsite to volunteer at VEAP.

If you've...

been tested for COVID-19 and are waiting on results – stay at home in isolation until results are received.

If you tested positive for COVID-19 – stay at home in isolation. You may return to work and can be around others after:

- 10 days since symptoms first appeared **AND**
- 24 hours with no fever without the use of fever-reducing medications (i.e. Tylenol, Motrin, etc.) **AND**
- Other symptoms of COVID-19 are improving*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.*

If you tested negative but don't feel well – you should stay home and work with your primary health care provider. You may return to work when symptoms have significantly improved.

not been tested - you may return onsite when you've been symptom free for 72 hours. Unless ordered to self-isolate or quarantine by health care provider, then use the "return to work criteria as someone who tested positive for COVID-19".

This checklist questionnaire is not intended to take the place of medical advice, diagnosis or treatment for COVID-19.

For more information, check out this CDC link:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html#:~:text=If%20you%20continue%20to%20have,viral%20test%20for%20COVID%2D19>