



FORT HAYS STATE UNIVERSITY PERSONAL TOOL TO EVALUATE YOUR SYMPTOMS AND CIRCUMSTANCES BEFORE COMING TO CAMPUS

This questionnaire is for your personal use to monitor your daily health before coming to work for the day or going to campus for classes or other activities.

Take your temperature in the morning and keep a log. If your temperature is greater than 100° Fahrenheit or 38° Celsius, you must stay home.

If you have any of the following symptoms, please stay home and call your supervisor if you are an employee. If the symptoms are severe, contact your healthcare provider for further instructions.

- New Cough (not related to chronic condition)
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- New loss of Taste or Smell
- Sore throat or new headache
- Diarrhea

Once you begin your day, continue to be aware of any changes in your health such as fever, coughing and/or difficulty breathing. If you experience any of the symptoms listed above you should return to your residence and notify your supervisor if you are an employee. If the symptoms are severe, contact your healthcare provider for further instructions.

You must also stay home if any of the following apply:

1. You have been tested for the coronavirus and are awaiting results. - Stay home until you know the results.
2. You have tested positive for the coronavirus. - Stay home for at least 10 days after testing positive or after you are fever free for 72 hours without taking fever-reducing medications – whichever is longer. County Health will release you.
3. You have had close contact (within 6 feet for more than ten minutes) with someone who tested positive for the coronavirus or a member of your household has tested positive. - Stay home for 14 days and return to campus if no symptoms and, if County Health has been involved, you are released by County Health.
4. A member of your household has been tested for the coronavirus and is awaiting results. - Stay home until the results are known.
5. You have traveled to any country or state currently on the travel-related quarantine [list](#) in the last 14 days. - Stay home for 14 days after your date of arrival in Kansas and return to campus if no symptoms.
6. You have taken a cruise within the last 14 days. - Stay home for 14 days after your date of arrival in Kansas and return to campus if no symptoms.

We all share responsibility for helping to keep our workplace and campus safe. Additional information on the University's response to the coronavirus can be found at www.fhsu.edu/covid-19-response.

Individuals are reminded that HaysMed has a hotline to call for COVID-19 questions (1-877-261-7140) and that the [Student Health Center](#) can be contacted during normal office hours at (785) 628-4293.