

## Health Self-Check

Conduct this self-assessment the day of your intended practice.

In the last 14 days, have you been exposed to anyone who tested positive for COVID-19?

If Yes and not fully vaccinated – Do not attend practice until 14 days past date of exposure.

If Yes and fully vaccinated – Continue with the questions below.

If No – Continue with the questions below.

In the last 14 days, have you experienced any of the following:

- Fever
- Cough unrelated to allergies
- Shortness of breath or difficulty breathing
- A decrease in the sense of smell or taste
- Blotchy red rash on the toes (like frostbite)
- Sore throat
- Muscle or body aches
- Fatigue
- Headache
- Nausea or vomiting
- Diarrhea

If No – Cleared to attend practice.

If Yes and fully vaccinated – Monitor for symptoms and return to practice when no longer symptomatic.

If Yes – Do not attend practice until 14 days past date of end of symptom(s).

If at any time you test positive for COVID-19 you should:

- immediately notify the SAKE Health Advisor (Nancy Carney [carneyn@ohsu.edu](mailto:carneyn@ohsu.edu)) in order to facilitate contact tracing, **and**
- isolate:
  - for 10 days since symptoms first appeared, or
  - for up to 20 days since symptoms first appeared if you were severely ill or are immunocompromised, **and**
  - 24 hours with no fever (without fever-reducing medications), **and**
  - other symptoms are improving.