Wellness Check

Each morning before reporting to work, employees are required to do a self wellness check.

Please take a moment after you have begun your morning routine (or if you work evenings, as you are getting ready for your shift) to check in with your body.

In addition to looking for the primary symptoms of COVID-19 which include: fever, dry cough, body aches, loss of the ability to smell and shortness of breath( though this usually occurs as the illness progresses), you’ll also want to look for other less obvious signs you may be getting sick such as, unusual or excessive feeling of fatigue or tiredness, pain or irritation in your throat, headache, nausea, and diarrhea. All or some of the aforementioned symptoms have been reported to have occurred earlier in the illness and in some cases, before people became aware they had contracted SARS-CoV-2(COVID-19).

Taking your own temperature prior to coming to work, is also a very useful mechanism to detect illness and is now highly recommended, though not yet mandatory, but that could change at any time. The CDC considers any temperature over 100.4 F to be indicative of illness.

If you have any of the above symptoms, please notify your supervisor and refrain from coming to work. How to determine when it is safe to return to work will need to occur on a case by case basis. EH&S can be contacted to provide consultation at EHS@humboldt.edu.