

COVID-19 Daily Wellness Questionnaire

1. Have you been within 6-feet of a person with a confirmed case of COVID-19 in the past 14 days?
 - a. Exposure to COVID-19 can be defined as being within 6-feet of a person infected with COVID-19 for at least 10 minutes within a 24 hour period, with or without a mask. If you have been exposed, you must depart the office, self-quarantine, and get tested for COVID-19.
2. Have you traveled outside of New York State for more than 24 hours recently?
 - a. If you have traveled outside of New York State for 24 hours and haven't tested out of the mandatory 14-day quarantine, you must depart the office.
 - b. Link to latest travel guidelines: <https://coronavirus.health.ny.gov/covid-19-travel-advisory>
3. In the last 48 hours, have you had any of the following NEW symptoms?

• Fever or chills (100.4 or higher)	• Headache
• Cough	• New loss of taste or smell
• Shortness of breath or difficulty breathing	• Sore throat
• Fatigue	• Congestion or runny nose
• Muscle or body aches	• Nausea or vomiting
	• Diarrhea
4. In the last 14 days, have you been tested for COVID-19 and are awaiting results?
 - a. If you have been directed by a medical professional to be tested for COVID-19 and you have not yet received results, you can return to work unless you are exhibiting symptoms of the virus or have been knowingly exposed as defined above.

If you answered yes to any of these questions above, you must immediately contact your supervisor and the Upstate University Hospital COVID-19 Triage Line (315-464-3979) or your medical provider. If testing is recommended, an employee may not return to work until a negative test result is provided to Human Resources/Personnel.

PLEASE CONTACT THE OFFICE OF PERSONNEL & LABOR RELATIONS WITH ANY QUESTIONS.

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