DAILY HEALTH SELF-ASSESSMENT FOR NOC CAMPUS COMMUNITY

Due to the highly infectious nature of COVID-19, NOC students and employees should do a daily health self-assessment before arriving on campus for class or work. This self-assessment should not take the place of talking with your healthcare provider to diagnose or treat conditions.

This assessment is based on guidance provided by the Centers for Disease Control and Prevention (CDC)
https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

Exposure in the past 14 days

Have you received a positive COVID-19 test result *(laboratory confirmed case)*?
☐ **YES** ☐ **NO**

Have you been exposed to COVID-19 *(direct contact within six feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period)*?
☐ **YES** ☐ **NO**

Do you have symptoms of COVID-19 but have not been tested or have test results that are pending? *(A comprehensive list of COVID-19 symptoms can be found on CDC website.)* ☐ **YES** ☐ **NO**

If you answered "YES" to any of the questions above, **DO NOT COME TO CAMPUS**. Both employees and students should immediately self-report to the appropriate campus administrator by submitting the COVID-19 Self-Reporting form at https://www.noc.edu/emergency/noc-covid-19-self-reporting/.

CAMPUS CONTACTS:

- Enid Campus: NOCEnidVP@noc.edu, Vice President for NOC Enid, 580.548.2393
- Stillwater Campus: Diana Watkins, Vice President for NOC Stillwater, 580.628.6905
- Tonkawa Campus: Jason Johnson, Vice President for Student Affairs, 580.628.6272
- Human Resources: Shannon Cranford, Director of HR, 580.628.6229

Symptoms

Do you have any of these symptoms?

☐ Fever (Please check your temperature daily before coming to campus. Temp should be less than 100.4° F/38°C).

☐ New cough

☐ New shortness of breath or difficulty breathing

☐ New chills

- ☐ New muscle or body aches
- ☐ Sore throat
- ☐ Fatigue
- ☐ Nausea or vomiting
- ☐ Congestion or runny nose
- ☐ Headache
- ☐ Diarrhea
- ☐ New loss of taste or smell

PLEASE NOTE:

If you have any of these symptoms, speak to your health care professional. Stay home and **DO NOT COME TO CAMPUS if you are ill.**

**This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.*

Severe

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- ☐ Trouble breathing
- ☐ Persistent pain or pressure in the chest
- ☐ New confusion
- ☐ Inability to wake or stay awake
- ☐ Bluish lips or face

PLEASE NOTE:

If you are in an emergency medical situation, **call 911** or your local emergency number.

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Instructors and supervisors are reminded they have an obligation to protect the privacy of student and employee health information. Communications to instructors and supervisors are to notify them that the student or employee will be out sick.

(Revised 1/8/21)