

# COVID-19 SELF-MONITORING CHECKLIST

## Addendum A

*Revised 6/2/21*

In light of the coronavirus crisis and concerns for your health and well-being, the Diocese of Reno has established guidelines for volunteers and participants (adults and youth) in any youth parish sponsored gathering. **Below is a list of health-monitoring questions that you are asked to honestly answer immediately prior to each gathering for your child, and your household.** If any of your responses are yes, you are asked to please stay home for the safety of others. In addition, if you answer yes for yourself or anyone in your household to any of the symptoms listed below, your child will not be admitted. You are our partners! Thank you.

If a volunteer or participant develops a fever or becomes ill during the gathering, they will be asked to leave or be picked up immediately and isolated until a caregiver picks them up.

### SYMPTOMS OF INFECTION

	<u>YES</u>	<u>NO</u>
Fever of 100.4 or higher	_____	_____
Unexplained Cough	_____	_____
Unusual Headache	_____	_____
Sore Throat	_____	_____
Shortness of Breath	_____	_____
Unexplained Fatigue	_____	_____
Loss of taste or smell	_____	_____
Unexplained body aches	_____	_____
Had contact with anyone who has been diagnosed with, or who may have symptoms associated with COVID-19. <i>For contact only- if "yes" and vaccinated, you may self-monitor and participate.</i>	_____	_____

**If you answered "Yes" to any of the above, it is not safe to enter the gathering - Please do not come to the parish gathering and consult your health care professional.**

In addition to self-monitoring your symptoms, volunteers and participants (adults and youth) will take actions to assure safety. This includes, but is not limited to, already established and newly added practices and precautions developed in conformance with generally accepted CDC and related guidelines:

- ✓ Everyone aged 12 years and older is strongly recommended to be vaccinated against COVID-19 as soon as possible to keep from getting and spreading COVID-19.
- ✓ If not fully vaccinated wear an approved face mask and properly social distance.
- ✓ Wash your hands often, and for at least 20 seconds.
- ✓ Avoid touching your face.
- ✓ Practice social distancing established during COVID-19
- ✓ Cover your coughs and sneezes.
- ✓ Do not use others cell phones and other personal objects.
- ✓ Call your doctor if you have a fever, cough, and shortness of breath.