



CITY OF NEWTON, MASSACHUSETTS

COVID-19 Employee Health Self-Assessment Tool

Purpose:

To maintain a healthy workplace where the risk of COVID-19 transmission is reduced.

This tool is informational and not intended to replace advice from a health care provider. As always, if you are experiencing a medical emergency, call 911.

Employees should use this self-assessment tool at home, prior to coming to work each day.

Assessment:

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

People with these symptoms* may have COVID-19:

- ☐ Cough
- ☐ Shortness of breath or difficulty breathing
- ☐ Fever (*Use a thermometer if you have one. Stay home if your temperature is above 100 degrees F.*)
- ☐ Chills
- ☐ Muscle pain
- ☐ Sore throat
- ☐ New loss of taste or smell
- ☐ Less common symptoms: nausea, vomiting, or diarrhea.

Do you have any of the above symptoms?

If the answer to any of these is YES, stay home, do not come to work and contact your healthcare provider. Follow your usual protocol for contacting your supervisor regarding your absence and next steps.

If the answer is NO and you do come to work, but you develop any of these symptoms while you are at work, tell your supervisor immediately, go home and contact your healthcare provider.

[*symptom list provided by the CDC](#)