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WCLS STAFF HEALTH SELF-ASSESSMENT

Following best practices recommended by the Washington State Department of Health and based on criteria from the Centers for Disease Control and other sources, WCLS is requiring all staff to complete a Staff Health Self-Assessment until we fully resume normal services.

Please ask yourself these four questions each day before you are scheduled to work.

If you answer NO to ALL of the questions → You have **PASSED** the Health Assessment

If you answer YES to ANY of the questions → You have **FAILED** the Health Assessment

Notify your supervisor at least one hour before the start of your shift whether you passed the self-assessment or failed it. You do not need to discuss your specific symptoms with your supervisor.

- 1) Are you currently showing any signs of one or more of the following symptoms that cannot be attributed to something else (such as allergies, physical exercise, etc.)?
 - a. Fever or chills (temperature >100.4 °F or higher)
 - b. Cough
 - c. Shortness of breath or difficulty breathing
 - d. Fatigue
 - e. Muscle or body aches
 - f. Headache
 - g. Sore throat
 - h. New loss of taste or smell
 - i. Congestion or runny nose
 - j. Nausea or vomiting
 - k. Diarrhea
- 2) If you have recently had any of the symptoms listed in #1 above, did they begin within the last ten days?
- 3) Have you had a fever or taken medication to reduce a fever within the last three days?
- 4) Within the last 14 days:
 - a. Have you tested positive for COVID-19?
 - b. Has anyone you live with tested positive for COVID-19?
 - c. Have you had close and prolonged contact with someone who has tested positive for COVID-19?
 - d. Have you been directed to self-quarantine by a medical professional or other authority?

Source: <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/Employervisitorscreeningguidance.pdf>