

Solid Ground Volunteer COVID-19 Self Screening



Solid Ground works in alignment with Public Health – Seattle & King County to fight community transmission of COVID-19. Staff, volunteers, and visitors are asked to stay at home if they have COVID-19, feel at all unwell, or have been exposed to people who have COVID or COVID-like symptoms. This screening tool, adapted from the Washington State Department of Health, helps folks identify if they fall under those categories.

1) Do you have ANY of these symptoms that are not caused by another condition?

- *Fever or chills*
- *Cough*
- *Shortness of breath or difficulty breathing*
- *Fatigue*
- *Muscle or body aches*
- *Diarrhea*
- *Headache*
- *Recent loss of taste or smell*
- *Sore throat*
- *Congestion*
- *Nausea or vomiting*

YES NO

2) Within the past 14 days, have you had contact with anyone that you know had COVID-19 or COVID-like symptoms? Contact is defined as being 6 feet (2 meters) or closer for more than 15 minutes with a symptomatic person or having direct contact with fluids from a person with COVID-19 (for example, being coughed or sneezed on).

YES NO

3) Have you had a positive COVID-19 test for active virus in the past 10 days?

YES NO

4) Within the past 14 days, has a public health or medical professional told you to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19 infection?

YES NO

*If any of the above statements are true, please stay at home. If you begin to feel ill or start to experience any symptoms of COVID-19 while volunteering, immediately contact your volunteer supervisor. **Thank you.***