Point Reyes Field Station COVID-19 Health Screening Form NAME

DATE OF ARRIVAL at PRFS _____

If you are experiencing a medical emergency such as trouble breathing, persistent pain or pressure in the chest, seek medical attention or CALL 911.

Allergies, Cold, Flu or COVID-19 Virus?

Here's how to tell the difference between allergy symptoms and the novel 2019 Coronavirus.

	ALLERGIES	COLD	INFLUENZA	COVID-19	
Symptoms		(A)		0	
Symptoms begin	Gradually	Gradually	Abruptly	Within 14 days of exposure	
Symptoms last	Allergy season	4 – 10 days	5 – 7 days	Varies by Persor	
Body aches	_	V	~	Sometimes	
Chills	-	Less Common	_	Sometimes	
Dry cough	~	~	V	~	
Exposure to germs		~	~	~	
Fatigue/Weakness	Sometimes	V	~	~	
Fever	-	Less Common	~	~	
Headaches	~	Less Common	~	Sometimes	
Itchy eyes	V	-	-	-	
Nasal Congestion	~	V	~	Less Common	
Nausea/Vomiting/Diarrhea	-	Sometimes	Sometimes	Sometimes	
New loss of taste or smell	Sometimes	Sometimes	Sometimes	~	
Repeated shaking with chills	_	Sometimes	Sometimes	Sometimes	
Runny nose	~	~	~	Less Common	
Sneeze	~	~	~	Sometimes	
Sore throat	Sometimes	~	~	Sometimes	
Shortness of breath	Sometimes	Less Common	~	~	
Symptoms get worse	-	-10	V	~	

Think You Have COVID-19?

Stay home and away from others • Monitor symptoms • Rest • Cover coughs and sneezes •
Wash hands with soap and water often • Treat symptoms

Contact your doctor if you have a fever, cough, difficulty breathing or existing chronic disease.

INSTRUCTIONS:

- 1. Monitor your symptoms daily, leading up to your visit and throughout your stay (add additional rows as needed).
- Refer to the symptoms chart to help you evaluate whether your symptoms might be related to COVID-19 or another respiratory illness; if unsure, utilize the CDC Self-Checker at https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html. In the table below, mark YES to any symptoms you believe may be COVID-related. Use your best judgment or call your medical provider for advice.
- 3. If you have NO symptoms, you may continue normal activities.
- 4. If you mark YES to any symptoms in the table below, see page 2. Self-isolation and notification of the reserve manager is required.

		New onset	Shortness of			New
	Temp of	or	breath or			loss of
	100.4 F	worsening	difficulty	Muscle	Sore	taste or
Date	or higher	cough	breathing	aches	throat	smell
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N

ACTION REQUIRED:

If you are experiencing fever or symptoms of COVID-19 (see page 1):

- You should stay in your room and follow directions for self-isolation.
- How long should you self-isolate? Four day or until you test negative for COVID-19. If it's possible to return home, self-isolation at home is preferred over remaining at the field station. If you are too ill to leave, notify Point Reyes Field Station Faculty Director, David Ackerly at dackerly@berkeley.edu. Follow the guidance of medical personnel and/or the local public health authority. Continue to self-monitor your symptoms daily.

If you test positive OR are presumed positive:

- Notify Point Reyes Field Station Faculty Director, David Ackerly (dackerly@berkeley.edu), who will notify the Local Public Health Authority (if they are not already involved in case management)
- Follow your "home" campus/institution/agency reporting procedures
- You will be required to isolate for at least 14 days from symptom onset to monitor your symptoms. You must remain in isolation until you have recovered. The preferred setting for isolation is your home.
- If you were in close contact with staff or other visitors, all others that were within a distance of 6 feet for greater than 15 minutes WITHOUT face covers, are recommended to be tested and required to isolate for 14 days and monitor their symptoms. Follow the guidance of medical personnel and/or the local public health authority.
- If you were wearing a face cover during all encounters with other staff or visitors AND they were all wearing face covers, they will NOT be required to self-isolate and get tested, unless directed by medical personnel and/or the local public health authority but should continue to self-monitor symptoms daily.

PROTOCOL (May be modified at the direction of medical personnel and/or the Local Public Health Authority): SELF-ISOLATION (OR ISOLATION)

- The preferred setting for isolation is your residence.
- As much as possible, stay in a specific room and away from others in your residence.
- Wear a face cover whenever you leave your room.

RECOVERY

- You have had no fever for at least 72 hours (that is 3 full days of no fever without using medicine that reduces fevers), AND
- Other symptoms have improved, AND
- At least 14 days have passed since your symptoms first appeared

PRESUMED POSITIVE

- You have had close contact with a confirmed case within the last 14 days, AND
- You are symptomatic with COVID-19 symptoms

ISOLATION AND QUARANTINE

Per CDC guidance, a person's residence is the preferred place of isolation for symptomatic individuals, even while they await testing and/or results.