As per the Student Code for Healthy Living and Learning and the Ramapo College Employee Code for a Safe Work Environment, it is your personal responsibility to conduct a daily symptom self-screening as a way for you to take care of yourself and others. Please review this checklist every day before coming to campus or leaving your residence room. Do not submit this form to the College.

If you have any of the below symptoms or conditions, STAY HOME and contact your medical provider. For students, report a COVID-19 illness or suspected illness to Debra Lukacsko, Associate Director of Health Services, dlukacsk@ramapo.edu or 201-684-7536. For faculty and staff, report a COVID-19 illness or suspected illness to Jill Brown, Associate Director of Human Resources, jbrown@ramapo.edu or 201-684-7507. If the symptoms you experience are part of a chronic medical condition you are aware of and have been monitoring (e.g., seasonal allergies you routinely experience, nausea as a side effect from a medication), there is no need to stay home.

Student, faculty and staff with questions about what to do if they feel sick should access the COVID-19 FAQ page. The CDC maintains a current list of COVID-19 symptoms, which are also noted below (does not include all possible symptoms):

**Ask yourself, do I have........**
- Fever (Above 100.4 F) or Chills
- Cough
- Shortness of Breath or Difficulty Breathing
- Fatigue
- Muscle or Body Aches
- Headache
- New Loss of Taste or Smell
- Sore Throat
- Congestion or Runny Nose
- Nausea or Vomiting
- Diarrhea

**Do not come to campus if......**
- You or anyone you have been in close contact\(^1\) with has been diagnosed with COVID-19 or placed in self-isolation or self-quarantine
- You have been directed to self-isolate or self-quarantine by a medical professional or local public health official

Please seek immediate, emergency medical attention (call 911) if you are experiencing any CDC defined emergency warning signs such as trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay away, or bluish lips or face. This is not a list of all possible symptoms. You should contact your medical provider for any symptoms that are concerning to you.

As a reminder, if you have recently traveled from an international location or from a U.S. State or jurisdiction with high rates of COVID, please register your travel with the College.

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\(^1\) A close contact is anyone who was within six feet of you for more than 10 minutes at least two days before your positive test if you didn't have any symptoms or two days before your first symptom appeared.