



COVID-19 Daily Checklist

Please review this checklist *every day* before reporting to work or entering campus.

IF YOU HAVE any of the following symptoms*, STAY HOME and immediately contact your supervisor and Jill Brown in Human Resources, jcbrown@ramapo.edu or (201) 684-7507.



- A fever (a temperature above 100.3 F)
- A cough
- Shortness of breath or difficulty breathing
- Muscle aches or chills
- Sore Throat
- Diarrhea/vomiting
- Loss of taste or smell
- You or anyone you have been in close contact with has been diagnosed with COVID-19 or placed on quarantine
- You have been asked to self-isolate or quarantine by a medical professional or local public health official

Thank you for keeping our campus safe!
Ramapo College Human Resources Department
201-684-7506

*Please note, some symptoms of COVID-19 may also appear to be symptoms of non-covid-19 related illness, such as seasonal allergies. If you have allergies every year, it is fine to come to campus. Please monitor your symptoms should any appear that they are different from what you had before, especially a fever.