



**BEFORE YOU GO TO CAMPUS OR A FIELD SITE**

# DAILY HEALTH CHECK

**1**

## TAKE YOUR TEMPERATURE

If you have a temperature of 100.4 degrees or higher, notify your supervisor and do not go to campus or a field site.

**2**

## ASSESS YOUR SYMPTOMS

Are you experiencing any of the following symptoms?

- Chills
- New onset cough
- Trouble breathing
- Sore throat
- Unusual sinus pain
- Loss of taste of smell
- Nausea or vomiting
- Muscle or body aches
- Excessive fatigue
- Diarrhea

**3**

## COMPLETE THE DAILY HEALTH MONITORING SURVEY

Click on the link in your daily health monitoring email to complete the survey from your computer or smartphone. You only need to complete the survey on days you go to campus or the field.

**After you complete the daily health monitoring survey, you will instantly receive a notice that you have been CLEARED or NOT CLEARED:**



### CLEARED

You may proceed to campus or a field site. Follow COVID-19 guidelines, wash or sanitize your hands often, and stay 6 feet from others.



### NOT CLEARED

Do NOT proceed to campus or a field site. Your supervisor and UMCES HR will receive an automatic notice that you will not be able to travel for work.

Fonemed health consultation service is available to any student, faculty, or staff member regardless if you are coming to campus or teleworking.  
To reach a Fonemed health consultant, call 833-359-0171.



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# **DAILY HEALTH CHECK**

## **FREQUENTLY ASKED QUESTIONS**

### **Do all employees have to fill out the daily health monitoring survey?**

No, only employees and students who will be on campus or conducting field work that day must fill out the daily health monitoring survey. Teleworkers do not need to take the survey.

### **What about students?**

Anyone who will be on campus or conducting field work that day will need to complete a daily health monitoring survey prior to traveling to campus.

### **Will non-UMCES employees who come to campus need to complete the survey?**

Any UMCES employees or partner organizations who work on an UMCES campus will receive a daily email and be required to complete the daily health monitoring survey before coming to campus.

### **What if I am just stopping by campus to pick up my mail or something from my office?**

You must fill out the daily health monitoring survey before coming to campus for any reason.

### **What if I don't have a way to take my temperature?**

Contact your Unit Director. Thermometers will be provided for those who need them. You may also find affordable thermometers at your local pharmacy or online.

### **What if I'm NOT CLEARED? Do I have to see a medical professional?**

No, it is not required but encouraged. UMCES has secured an outside health consultation service that can be accessed via the telephone. Fonemed is available to any student, faculty, or staff member regardless if you are coming to campus or teleworking. They will discuss your health concerns and make a recommendation for potential next steps. To reach a Fonemed health consultant, call 833-359-0171.

### **What if I refuse to fill out the health assessment?**

The University System of Maryland requires all employees who will be on campus to complete the daily health monitoring survey. Those who do not complete the assessment before coming to campus will be asked to telework.

**For additional questions, contact UMCES HR at [hr@umces.edu](mailto:hr@umces.edu).**