

Hokie Health ✓ Self-Assessment – Faculty/Staff/Wage

Hokie Health ✓ is a COVID-19 self-assessment tool Virginia Tech requires for access to campus each day, and provides support resources and guidance for additional steps should they be required. Please review the following information. If you have any questions contact your supervisor. Thank you for participating and contributing to our community overall health and well-being.

Health screening

If you have travelled internationally, or from an area that has seen a concentrated outbreak or a high risk of transmission in the past 14 days, please check the following resources for further information.

- <https://vt.edu/ready/home.html>
- <https://www.vdh.virginia.gov/>
- <https://www.cdc.gov/>

After international travel you are directed to self-quarantine for 14 days per the Centers for Disease Control and Prevention. For domestic travel from areas with concentrated outbreaks or high-risk of transmission, consider a 14-day self-quarantine. Remember to follow public health guidelines including facial coverings in public, maintain physical distancing, and proper hand/respiratory hygiene.

If you have you been in close contact (within 6' for more than 15 minutes) with someone confirmed to have COVID-19 in the past 14 days **and/or** you are currently experiencing COVID-19 symptoms (see inset) that you **cannot** attribute to another health condition or activity, then please do the following:

- Call your healthcare provider, your local urgent care facility, or your local Virginia Department of Health (VDH) District and follow their instructions. Notify your supervisor.
- Stay home as much as possible except for medical care. Limit activities and follow public health guidelines regarding the wearing for facial coverings in public, maintaining physical distance, and proper hand/respiratory hygiene.

COVID-19 Symptoms:

- Fever, or feeling feverish (chills, sweating)
- Cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Muscle pain
- Headache
- Sore throat
- New gastrointestinal symptoms (e.g., nausea, vomiting, diarrhea)