

Home Symptom Screening Checklist: Use this form to screen yourself for symptoms before leaving for work. If you experience any of these symptoms, stay home and contact your supervisor.

Supervisor:			Supervisor Phone:						Supervisor Email:							
Date	Time	Temp	Symptoms (check if you have any of these symptoms)											*different from pre-existing allergies		
			Feel feverish	Cough	Sore throat	Shortness of breath	Congested or Runny nose*	Chills	Unexplained muscle aches	Headache	Unexplained fatigue	Nausea or Vomiting	Diarrhea	Loss of Taste or Smell		



For more information, visit: www.maine.gov/dhhs/coronavirus