

# EPA Self Assessment to Stop the Spread of COVID-19

A blue-tinted microscopic image showing several spherical virus particles with prominent surface spikes, characteristic of the COVID-19 virus.

**Please perform the following self-assessment prior to departing for the office:**

**Do you feel unwell or have any of the following CDC-identified symptoms of COVID-19 Disease?**

- Temperature of 100.4 degrees F or higher (38.0 degrees C)?
  - Fever or chills?
  - Cough or shortness of breath?
  - Muscle pain?
  - Headache?
  - Sore throat?
  - New loss of taste or smell?
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- Within the last 14 calendar days, have you been in close contact (within 6 feet) of someone who has an active case of laboratory-confirmed COVID-19?
  - Within the last 14 calendar days, have you been in close contact (within 6 feet) of someone who is ill or demonstrates any of the above symptoms?
  - Within the last 14 calendar days, have you received instructions from a public health authority to self-observe, self-isolate, or self-quarantine?
  - Within the last 14 calendar days, have you traveled outside of the United States?

**If you answered “yes” to any of these questions, please stay home.**

Please notify your supervisor and expect to telework, if possible, or take leave. It is recommended you visit [www.coronavirus.gov](http://www.coronavirus.gov). You should also stay in touch with your supervisor on your status.

<https://workplace.epa.gov/covid19/index.html>