



COVID-19

SYMPTOM SELF-CHECK

In compliance with the Alameda County Department of Public Health guidelines for reopening, please answer the questions to the right.

GUIDELINES

For more information on COVID-19 guidelines, go to:

WEBSITE:

<https://covid19.ca.gov/safer-economy/>

QUESTIONS about your CGS Library visit? Send email to visit@californiaancestors.org

1. Within the last 10 days have you been diagnosed with (i.e., tested positive for COVID-19?
 Yes No
2. Within the last 14 days, have you come into close contact* with anyone who tested positive for and/or is in isolation for COVID-19?
 Yes No

3. Within the past 24 hours, have your experienced any of the following symptoms that cannot be explained by a reason other than potentially having COVID-19?

- Fever, Chills, or Repeated Shaking/ Shivering
- Cough
- Sore Throat
- Shortness of Breath, Difficulty Breathing
- Feeling Unusually Weak or Fatigued
- Loss of Taste or Smell
- Muscle pain
- Headache
- Runny or congested nose
- Diarrhea
- Nausea and vomiting

Yes No

"Close contact" is defined as living in the same house, being an intimate partner, being a caregiver, or being within 6 feet of an individual for longer than 15minutes who has COVID-19.

May 31, 2021