

# Return to On-Site Work

## Daily COVID-19 Checklist

All team members working on-site at NASA Langley, please self-administer the following checklist before leaving home for work each day:



### 1. Do I currently have any of the following symptoms?

- a. Fever
- b. Headache
- c. Cough
- d. Sore throat
- e. Shortness of breath
- f. Loss of taste and smell
- g. Muscle pain
- h. Chills/repeated shaking with chills

**If yes – Do not come to Langley.**

*Notify supervisor and follow appropriate CDC guidelines\* for care.*



### 2. Have I been within six feet for more than six minutes of anyone diagnosed with COVID-19 or been coughed or sneezed upon by someone diagnosed with COVID-19 in the last 14 days?

**If yes – Do not come to Langley.**

*Notify supervisor and self-isolate for 14 days from last date of exposure. If symptoms described in No. 1 begin, follow appropriate CDC guidelines\* for care.*



### 3. Have I traveled internationally within the past 14 days?

**If yes – Do not come to Langley.**

*Notify supervisor and self-isolate for 14 days from date of return from overseas travel. If symptoms described in No. 1 begin, follow appropriate CDC guidelines\* for care.*



### 4. Have I traveled domestically to an area considered to be a COVID-19 Hot Spot within the past 14 days?

*If yes – Notify your supervisor, self-monitor for possible symptoms and implement social distancing to the extent possible. If symptoms described in No. 1 begin, leave Langley immediately and follow appropriate CDC guidelines\* for care.*

All Langley team members who are accessing the center daily should continue to practice appropriate self-care routines (face coverings, social distancing, hand washing, limit face touching, etc.) and follow any specific safety requirements for your project or work area to minimize the potential for exposure while on-site.

**\*CDC Guidelines For What To Do If You Are Sick:**

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>