

DAILY CHECKLIST

- Start every morning with your **daily symptom tracker** (online screening)
- Wear a mask**
- Wash, sanitize, and disinfect often** - hands, desk, work, and living spaces
- Avoid touching your face** (and anyone else's face!)
- Stay 6 feet apart** whenever possible
- Symptoms? Stay home.**
Student-athletes, email: covidAT@cuaa.edu. All other students: covidNurse@cuaa.edu. Employees, contact your supervisor.



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