



Raising Awareness & Influencing Change

General

Where are you doing this self-assessment?

- Home School/Campus Social Event
-

Awareness & Preparation

PPE Readiness & Preparation

What PPE is available to you?

- Masks & Face Shields Gloves Eye Protection (visors or goggles)
 Protective suit, gowns or coveralls Hand sanitizers & alcohol-based rubs None
-

Physical Interaction & Distancing

Keep in mind and exercise physical/social distancing (1-2 meters) from another person.

- Yes No
-

Hand Hygiene Guidelines

Are you aware of proper hand hygiene?

- Yes No
-

You may wear gloves before touching objects/surfaces. If not, REMEMBER to observe proper hand hygiene.

Yes No

Respiratory Hygiene Guidelines

Are you aware of proper respiratory hygiene?

Yes No

Communication

Device(s) used for communication at WORK

Radios Personal devices Company-issued devices
 Property-installed devices Laptops or desktops Other device(s)

Device(s) used for communication at HOME

Radios Personal devices Company-issued devices
 Property-installed devices Laptops or desktops Other device(s)

As much as possible, try to avoid sharing devices to lessen physical contact.

Yes No

Regularly disinfect COMMUNAL USE devices

Yes No

Other measures to consider

Are you regularly disinfecting hands, feet & clothing after coming from any outdoor activity (work, social events & etc)?

Yes No

Indicate any symptoms you experienced in the last 48 hours.

- Fever or fever-like symptoms (100 F; 37.8 C or above) Cough
- Trouble breathing, shortness of breath or severe wheezing
- Chills or repeated shaking with chills Muscle aches Sore throat
- Congestion or Runny Nose Nausea or vomiting Diarrhea
-

Acknowledgement

The purpose of this assessment is to raise awareness within school grounds as well as in each home.

I hereby confirm that I am aware of potential exposure risks and agree to follow and practice the new normal guidelines that help avoid/mitigate potential infection.



Please note that this checklist is a hypothetical example and provides basic information only. It is not intended to take the place of, among other things, workplace, health and safety advice; medical advice, diagnosis, or treatment; or other applicable laws. You should also seek your own professional advice to determine if the use of such checklist is permissible in your workplace or jurisdiction.