

# Daily Wildcat WellCheck

Please complete the daily Wildcat WellCheck if you plan to be on a University of Arizona campus or facility today. After you complete the form you can retain for your records. Visit [wellcheck.arizona.edu](http://wellcheck.arizona.edu) to learn more.

Name:

Today's Date:

NetID:

Current Time:

I attest to the validity of the responses I provide using Wellness WellCheck and I certify that all responses provided will be true and correct to the best of my ability.

**Please take your temperature, then answer the following.**

## Wildcat WellCheck Questions

If you answer yes to one or more of the following questions, please check "stay home or go home right away" otherwise, check "continue with campus activities". (Additional instructions are provided on the following page.)



**Stay home or go home right away**



**Continue with campus activities**

<p><b>Please take your temperature. Do you have a fever (100.4F or above) or have you felt unusually warm or had chills within the last 72 hours?</b></p>	<p>Yes, <b>OR</b></p>	<p>No <b>AND</b></p>
<p><b>Now or in the past 72 hours, have you been in close contact (face to face more than 15 minutes) with a confirmed case or someone with symptoms of COVID-19 or have you, yourself, been diagnosed or had any of the following symptoms that could be related to COVID-19?</b></p> <p><i>Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea</i></p>	<p>Yes, I was in contact, <b>OR</b> Yes, I have symptoms or was diagnosed with COVID-19, <b>OR</b> Yes, I was in contact AND have symptoms or was diagnosed with COVID-19.</p>	<p>No.</p>

**Please remain at home - or go home right away if you answered "Yes" to any of these questions.**

**Please remain vigilant**

Watch for symptoms ♦ Practice normal physical distancing ♦ Wear a face covering ♦ Wash your hands

# Daily Wildcat WellCheck

## What does your WellCheck indicate?

### If you answered “NO” to ALL questions:

We are glad you are staying healthy! Please continue with planned campus activities. For more information, visit [wellcheck.arizona.edu/healthy](https://wellcheck.arizona.edu/healthy)

### If you answered “YES” to any of the questions:

#### Please remain at home - or go home right away.

For additional instructions, please visit [wellcheck.arizona.edu/not-feeling-well](https://wellcheck.arizona.edu/not-feeling-well)

**If you have symptoms consistent with COVID-19:** We recognize that you may not be feeling well for any number of reasons, but to protect our Wildcat Family please stay home until you are free from symptoms or are cleared by your healthcare provider. To learn about what to do when you're not feeling well, visit [wellcheck.arizona.edu/not-feeling-well](https://wellcheck.arizona.edu/not-feeling-well)

**If you have tested positive for COVID-19:** You tested positive recently or have since recovered, please visit [health.arizona.edu/SAFER](https://health.arizona.edu/SAFER). We ask that everyone act with compassion and respect the privacy of members of our community who may have tested positive for COVID-19.

**If you had close contact** (6 feet or less for 15 minutes or more) with anyone known or suspected of having COVID-19 in the past 14 days, stay home and follow the CDC guidelines. Most people will develop symptoms within 14 days of a COVID-19 exposure. For more information visit <https://wellcheck.arizona.edu/not-feeling-well>.

## Tips for checking your temperature

Incorporate your temperature check into your morning routine. Choose a consistent time after getting up when you are fully awake, relaxed and your body temperature is expected to be normal. If you experience an abnormally high temperature (above 100.4F or above) after exposure to any of the above, please wait 15 to 30 minutes and take your temperature again.

### Did you know the following may raise your body temperature?

- Exercise or physical exertion, Exposure to high ambient temperatures (i.e., shower, spa, summer temps), Time of day, day of month, Time since last meal; food and beverage consumption, Stress and anxiety, Drugs and smoking, Temperature collection method variation (ear, forehead, or mouth)

## Additional Resources

For more information about Wildcat WellCheck, visit [wellcheck.arizona.edu](https://wellcheck.arizona.edu)

- UArizona Reentry Plan: [covid19.arizona.edu](https://covid19.arizona.edu)
- UArizona's Test, Trace and Treat: [covid19.arizona.edu/test-trace-treat](https://covid19.arizona.edu/test-trace-treat)

