Daily Self-Checkup

All members of the TCNJ community are expected to complete a daily self-checkup to monitor their health.

Please answer yes or no to each question on a daily basis and, based on your answers, follow the appropriate next steps as outlined.

1. Is your temperature above 100.4 degrees?

2. Do you have any of the following symptoms?
   - new cough
   - sore throat
   - shortness of breath or trouble breathing
   - headache
   - new body aches or muscle pain
   - new loss of taste or smell
   - runny nose (not related to allergies)
   - stuffy nose (not related to allergies)
   - sneezing (not related to allergies)

3. Have you been in close contact with someone with a confirmed or suspected case of COVID-19 in the past 14 days?

If you answered NO to all of the above:
You may report to work or to class as scheduled.

If you answered YES to ANY of the above:

- Do not report to work or to class.

- Faculty and staff: Please contact your supervisor and your primary care physician.

- Students: Contact Student Health Services at 609.771.2889 or visit health.tcnj.edu.