

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 of chills
- b. Headache
- c. Cough
- d. Sore throat
- e. Shortness of breath
- f. New loss of taste and smell
- g. Muscle pain

If yes – Do not come to Langley.

Notify supervisor and follow appropriate CDC guidelines for care.*



2. Have I been in close contact with anyone diagnosed with, or exhibiting symptoms of, COVID-19 in the past 5 days? Close contact is defined as being within 6-feet or less for 15 minutes or longer, cumulatively, in a 24-hour period.

If yes – Do not come to Langley.

Notify supervisor and self-quarantine for 10 days from the last date of exposure. If symptoms described above begin, follow CDC guidelines for care.*



3. Have I traveled internationally within the past 10 days?

If yes – Do not come to Langley.

Notify your supervisor and self-quarantine for 10 days from date of return from overseas. If symptoms described above begin, follow CDC guidelines for care.*



4. Have I traveled domestically to an area considered to be a COVID-19 hot spot within the past 10 days?

If yes – Notify your supervisor, self-monitor for possible symptoms and implement social distancing to the extent possible. If symptoms described above begin, leave Langley immediately and follow CDC guidelines for care.*

Please note that although there is no definitive list of hot spots, employees are asked to use their best judgement based on information from state and territorial websites for the areas they have visited.

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>