

Health Screening Questions

Volunteers, please answer the following questions before coming to your shift.

1. In the last 10 days, have you been diagnosed with COVID-19 or had a test confirming you have the virus?

2. In the past 14 days, have you had "Close contact"* with someone who was diagnosed with COVID-19 or had a test confirming that they have the virus while they were contagious?**

"Close contact" means you had any of the following types of contact with the person with COVID-19 (regardless of whether you or the person with COVID-19 were masked) while they were contagious**:

- Were within 6 feet of them for a total of 15 minutes or more in a 24 hour period
- Lived or stayed overnight with them
- Took care of them, or they took care of you
- Were their intimate sex partner, including only kissing
- Had direct contact with their body fluids or secretions (e.g., they coughed or sneezed on you or you shared eating or drinking utensils with them)

**Contagious period: People with COVID-19 are considered contagious starting 48 hours before their symptoms began until 1) at least 10 days have passed since their symptoms began, 2) they haven't had a fever for at least 24 hours AND, 3) their symptoms have improved. If the person with COVID-19 never had symptoms, they are considered contagious starting 48 hours before their positive COVID-19 test was collected until 10 days after they were tested.

3. In the past 24 hours, including today, have you had one or more of these symptoms that is new or not explained by another condition?

- Fever (100.4°F or greater), chills, repeated shaking/shivering
- Cough
- Sore throat
- Shortness of breath, difficulty breathing
- Feeling unusually weak or fatigued*
- Loss of taste or smell
- Muscle or body aches*
- Headache
- Runny or congested nose*
- Diarrhea
- Nausea or vomiting

*Children and youth under 18 years old do not need to be screened for these symptoms.

If you have any of the above symptoms or said yes to any of the above questions, please stay home and let us know.



SF-MARIN
FOOD BANK