



town of

LONGMEADOW, MASSACHUSETTS

735 Longmeadow Street, Suite 102 01106



Town of Longmeadow COVID-19 SELF Certification / Reporting

Any person who anticipates being in a Town or School Building for a period of 15 minutes or more must self-certify that **all** of the following statements are **TRUE**:

- I have had no signs of a fever or a measured temperature above 100.0 degrees or greater, no cough or no trouble breathing within the past 24 hours. (We will not measure temperature) AND if I do have any of these symptoms, they are attributable to an alternative diagnosis, and my health care provider has cleared me to return to work/school and I am able to provide documentation, if requested.
- I do not have or, have not had in the past 24 hours, *two or more* of the following symptoms:
 - Fever, chills, repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell
 - Nausea
 - Diarrhea
 - Runny nose/congestion not associated with allergy

AND if I do have two or more of these symptoms, they are attributable to an alternative diagnosis (e.g. strep, allergies, influenza), and my health care provider has cleared me to return to work/school and I am able to provide documentation, if requested.

- In the last 14 days, I have not had “close contact” with an individual diagnosed with COVID-19. “Close contact” means:
 - Living in the same household as a person who has tested positive for COVID-19;
 - Caring for a person who has tested positive for COVID-19;
 - Being within 6 feet of a person who has tested positive for COVID-19 for about 15 minutes, or coming in direct contact with secretions (e.g., sharing utensils, being coughed on) from a person who has tested positive for COVID-19, while that person was symptomatic.
- I have not been asked to self-isolate or quarantine by my doctor or a local public health official.
- I am in compliance with the Massachusetts travel restrictions: [MA travel information](#)

By signing this form, I am self-certifying that all of the above statements are true.

Printed Name

Signature

Dated

Anyone who is unable to self-certify that all of the above is true, must not be allowed access to the town or school buildings. Employees should contact your supervisor immediately with any questions.