

Employee Self-Monitoring Guidelines During COVID-19

To ensure the safety of all employees during this time, we are asking you to begin self-monitoring for symptoms of COVID-19. Please complete the following **before coming into work**.



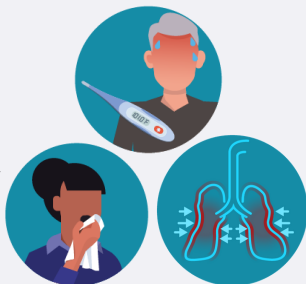
TAKE YOUR TEMPERATURE

Before leaving your house, please check your temperature. Do not report to work if your temperature is 100.4°F or greater or if you are feeling feverish.



CHECK FOR SYMPTOMS

If you are experiencing a fever, cough, shortness of breath, muscle pain, sore throat, decrease sense of smell or taste or are feeling sick, stay home. Do not go to work. If needed, contact your medical provider.



ASSESS ANY EXPOSURE

If you think you may have been exposed to COVID-19 (by being in close contact with someone who had symptoms or tested positive) contact your medical provider.

